



~Lunch N' Learn~

"Dance Yourself Fit!"

presented by

David Cross

Professional Dance Instructor David Cross will talk about the benefits of dance as a form of exercise for Seniors. David will demonstrate how dance can improve flexibility, stamina, balance & fitness. Learn how to use low-impact dance movement in order to stay physically fit & feel better mentally!

Date: **Monday, April 2, 2018**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

MUST REGISTER

by calling the library at 908-879-7612

-Seating is limited-

Sponsored by the Senior Resource Center

50 Route 513, Chester, NJ 07930 908-879-2202

www.SRCNJ.org