

Dance 4 Wellness



Instructor: Maria Durant

**Dates: Friday nights, September 24,
October 1, 8, 15, 22 and
November 5, 12 and 19
(Dance Party & Demonstration on Oct. 29)**

Time: 7:00 – 8:00pm

**Location: Dance 4 Wellness
880 Hampshire Road, #10
Westlake Village, CA 91361**

**RSVP: Please call (805) 379-4777
or stop by the front desk**

8-week Series with Maria Durant, Certified Ballroom Dance Instructor, owner of Dance 4 Wellness
Learn to dance! Movement, play and the good company of others who understand your journey can boost the immune system and enhance quality of life. Dance 4 Wellness is a way to have fun while you exercise. A recent study revealed that people who dance on a regular basis can add years to their lives. Dance is a wonderful way to accomplish physical, mental, and emotional wellness. Join us on Friday nights to bring dance into your life. Rumba, waltz, swing and salsa will be taught. No dance experience necessary. Dance partner not required but you can bring a friend if you wish. You are not required to take all the classes, but it is encouraged. Dance 4 Wellness is a ballroom dance instruction company owned by Maria Durant and located in Westlake Village, specializing in Ballroom, Latin, Swing, and Nightclub-style dancing. Reservations required.