



## DANCE CLASSES AREN'T JUST FOR KIDS!®

Dance is a lifelong beneficial and enjoyable activity. According to [intelligentliving.co](http://intelligentliving.co): “One study, in particular, focused on the effects of physical exercise on the brain and found that dancing had the greatest impact – capable of even reversing the signs of aging in a person! The study has been published in the journal *Frontiers in Human Neuroscience*.”

MDU offers a variety of 4-6 week adult dance sessions throughout the year. Watch our website and Facebook page for updates.



**MISTYSDANCE.COM**

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*More Than Just Great Dancing!®*  
Affiliated Dance Studios