

The St. Clare Parish Nursing and Health
Ministry brings to you

Dancing *Like The Stars!*



An evening of Ballroom Dance exercises that
could open new doors to healthier living

November 22 (Sunday)

5:00~6:30pm

St. Clare Parish Hall

For parishioners who are:

- Married or single
- Old or Young (middle-school and higher,
Call To Protect guidelines apply)
- Physically able to participate (consult your doctor
if unsure)
- Enthusiasts of, or interested in, social dances

Curious about benefits of ballroom dancing to good health?
Visit www.webmd.com and search for "*Dancing Your Way to
Better Health - Ballroom Dancing May Help Mind, Body, and
Spirit*" by Miranda Hitti and Michael W. Smith, MD

For more information, contact Mary Muoth (503-620-2200) or
Gary de Leon (971-327-8026)