

Fitness Fun and Friendship


rscds
Dance Scottish

Scottish country dancing



Get fitter

Reduce your
stress levels

Boost your
social life

No partner necessary No special clothes – just soft shoes
Lively music Inexpensive Classes near you

The Nanaimo Scottish Country Dancers

Invite you to an

Open House

Thursday Sep 12th, 2019, 7:30pm-9:30pm

Pleasant Valley Social Centre, 6100 Doumont Road, Nanaimo

For more information call Hazel 250-758-6224 or www.nscd.ca

