

Did you know that women in their 40's and 50's often need to change their exercise routine?



Long intensive exercise can actually increase cortisol which makes it harder to lose weight. **Evidence shows short intense bursts of exercise are more effective*.**

Have you considered Scottish Country Dancing for your well being?

The benefits

Cardiovascular / heart health • Supports core strength

Improves strength and flexibility in hips, lower back and legs

Exercise that doesn't feel like exercise! • Mood booster / stress buster

Supports bone density • Improves mental clarity, cognition and coordination

It's Social and an opportunity to meet a range of interesting people in your community.

(We are very supportive and warm group, no experience or skill required.)

MON EVENINGS Fulwood, Preston

7:30pm - 9:30pm

Christ Church Victoria Rd



Beginner's course starting end Sept-October 2025!

£3 per session

DO FEEL FREE TO GET IN CONTACT FOR MORE INFORMATION – WE'D LOVE TO HEAR FROM YOU!

Contact by Text Sandra: 07834 187115 OR David: 07718 903609
secretaryribblevalleybranch2@gmail.com

WWW.rscdsribblevalley.org

Subsidised placements are also available for those under financial pressure.



Scottish Dancing In Lancashire