

# SAN DIEGO 'N' LINE DANCERS

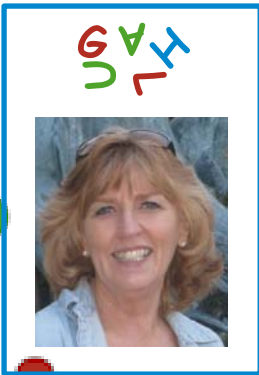
Member of the International Dance Association  
Supported by The San Diego Park and Recreation Department

## USE IT OR LOSE IT!

All Day Line Dance Workshop with  
Three Bubbly Instructors

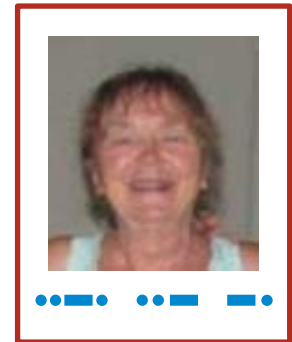


Helen  
Pietroforte



Cathie  
Lopez

Carol  
Stroecker



Plus

PUZZLES AND MENTAL EXERCISES TO KEEP YOUR  
BRAIN AS HEALTHY AS YOUR BODY

Sunday July 19<sup>th</sup>, 2015

10 am – 4 pm

War Memorial Building, Balboa Park

Pot Luck Lunch

\$4 Members

\$5 Non-Members

See over for details

Website: [www.sdnld.org](http://www.sdnld.org)

E-mail: [info@sdnld.org](mailto:info@sdnld.org)

Telephone: 619-259-0290



*Tips and Talks on Lowering Risk of  
Alzheimers*

*Loads of Open Dancing on our  
Beautiful Wood Floor*

*Demonstrations from Local  
Choreographers with the Option to  
be in a Video of One Easy Dance*

*Pot Luck Lunch with 20 Minute Cabaret*

*Tons of FUN!*

*LAUGHTER IS THE BEST MEDICINE*

