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Area B



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Dear Readers,

Some wonderful gift giving ideas throughout this issue of Out and About Magazine. New events happening and shows to attend. Enjoy!

Would like to wish all our loyal readers and Clients a Very Happy Christmas and Safe and Wonderful New Year.

To notify us of any events send information to Out & About PO. Box 1686, Noosa Heads 4567 or email ros@outandaboutmag.com.au. Extra copies of Out & About can be collected at Simon's Gourmet. Gallery, 10-620 Moggill Road, Chapel Hill.



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40 years later, those classes are still as popular for those wanting to get fit, stay fit and feel good.

Co-principal, Wendy Lowe, said today more than ever, we are realising that fitness is an important part of maintaining healthy lifestyles as we get older.



BOOKINGS NOW OPEN FOR 2018

For details including venues and timetables visit the Ashgrove Dance Studio website www.ashgrovedance.com.au

Enquiries Mobile: 0407 675 230 or 0419 670 906.

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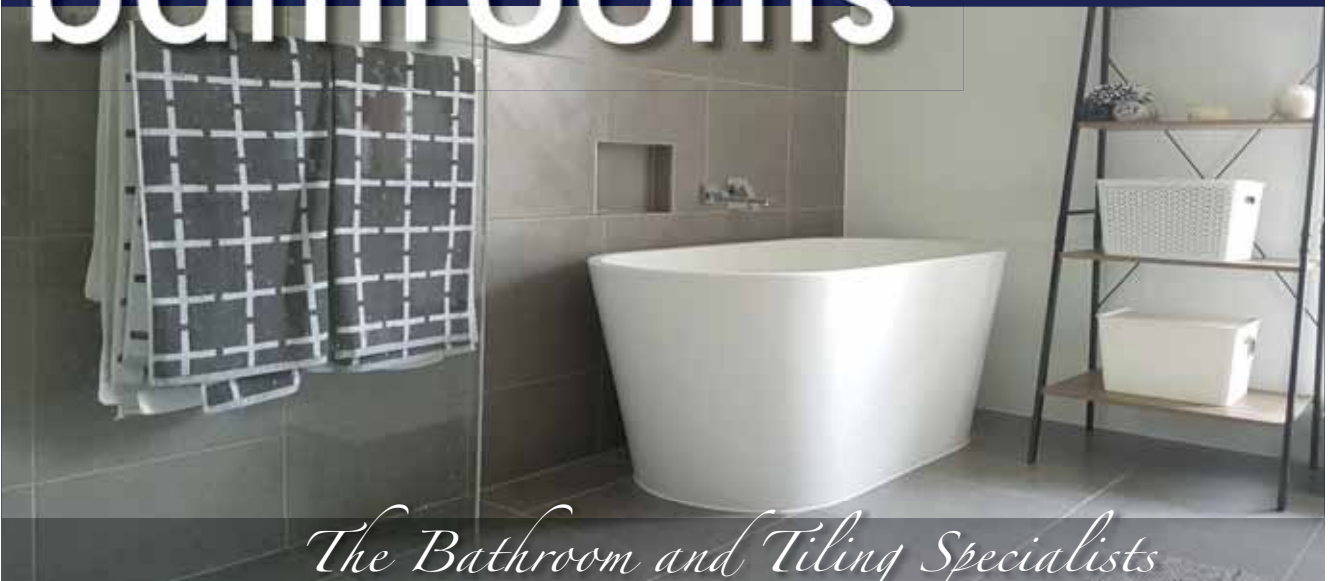
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Men and Women Welcome...

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In fact, both the social aspect of being with people and enjoying ourselves, combined with the more complex activity of dance, requires the use of several parts of the brain – parts which we don't normally exercise as we age. Through dance we coordinate action, memorise complex behaviour, move it from short-term to long-term memory while also socialising - predicting how our partner will respond and how we will respond to others.

Wendy and Judith Lowe, the directors of Ashgrove Dance Studio, one of Queensland's oldest dance schools, not only agree but can pay testament to the science. "When we took over the dance studio in the early 1970s, both of us had been dancing and teaching dance nearly all our lives," Wendy said.

These classes offer a wonderful social experience for men and women of all ages to get fit and enjoy!.

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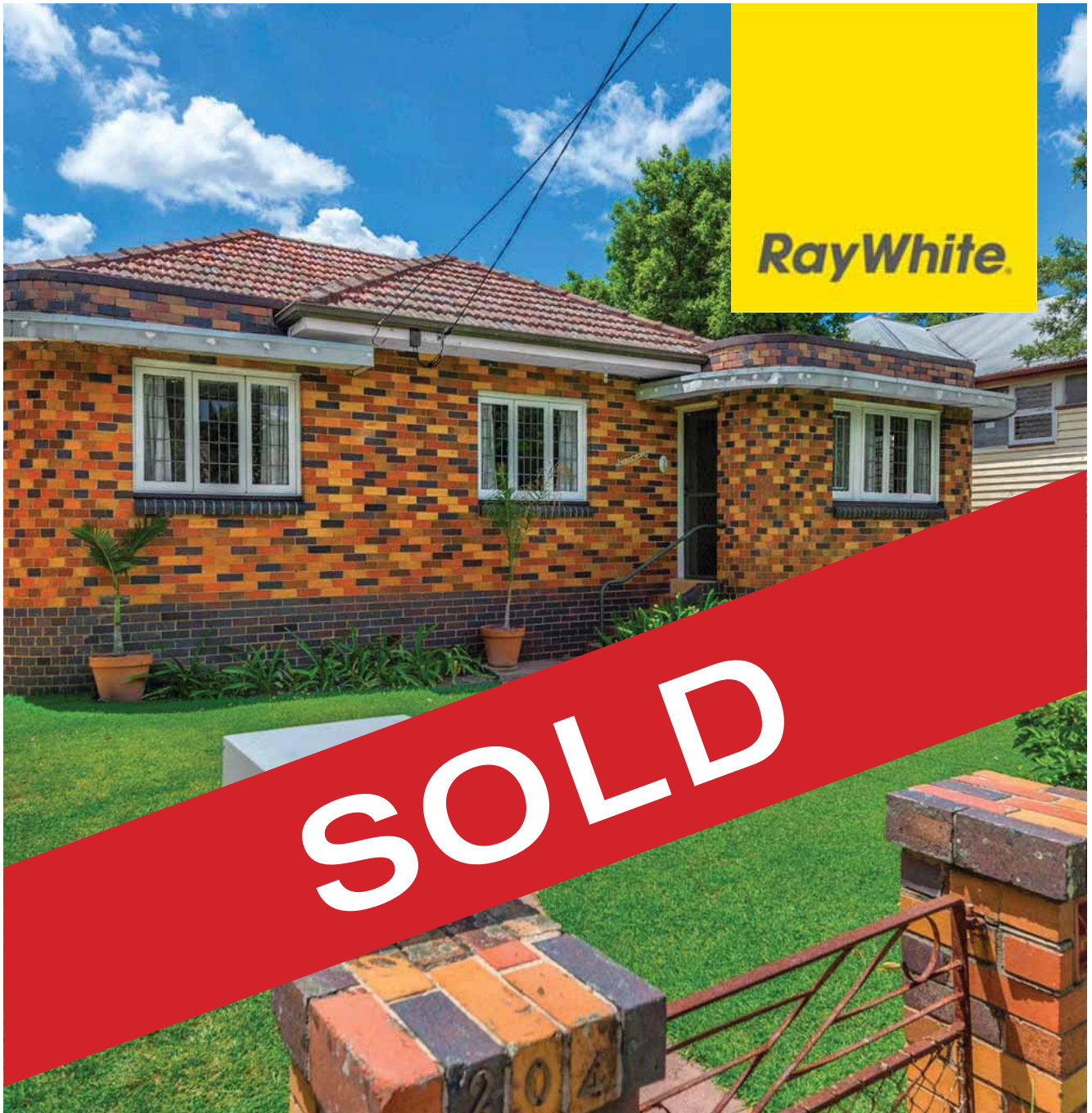


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