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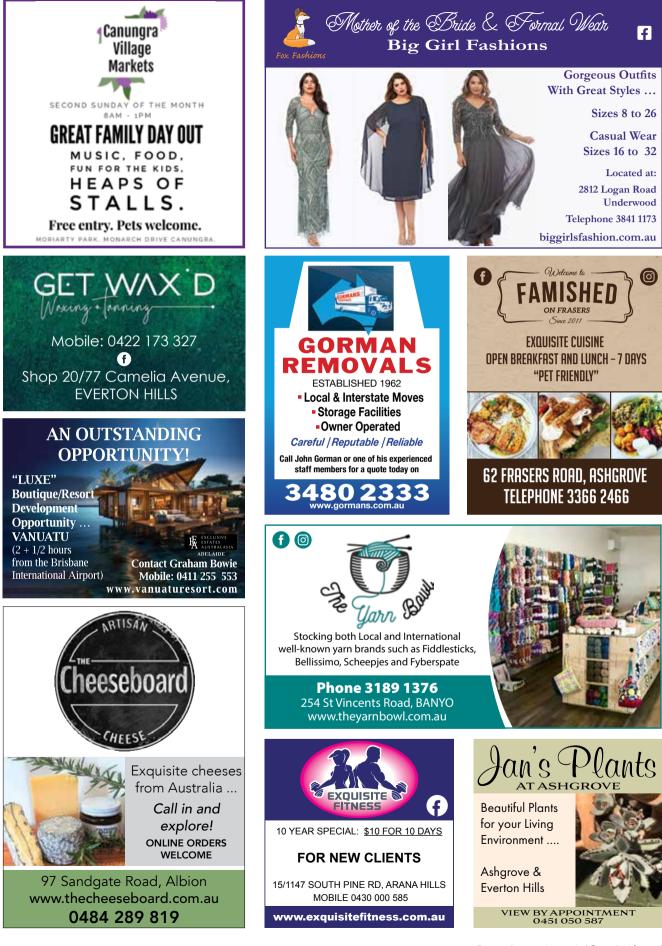


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CONTACT US

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The social aspect of being with people and enjoying ourselves, combined with the more complex activity of dance, requires using several parts of the brain - parts which we don't normally exercise as we age. Through dance, we coordinate action, memorise complex behaviour, and move it from short-term to longterm 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. "while we took over the dance studio in the early 1970s, both of us have been dancing, and teaching dance nearly all our lives," Wendy said.

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



The excitement of dance with the expertise of the Ashgrove Dance Studio...

Wendy Lowe. Phone 0407 675 230. Email: principal@ashgrovedance.com.au Judith McCaffrey (Lowe). Phone 0419 670 906. Email: principal@ashgrovedance.com.au www.ashgrovedance.com.au





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