



**CCI
OTTAWA**



**MUSIC
AND
WELLBEING**

EXERCISE WITH MUSIC

Come and dance!

Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people. Joining a [dance class](#) can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of [well-being](#).

WHEN: Fridays/June, July, August

TIME: 5:30 TO 6:30 P.M.

Location: 219 Argyle Avenue, rooms 113/114

To register please contact or just drop in: Nubia at (613) 232-9634 ext. 306

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