

# Healthy Options Program <sup>For 55+</sup>



SHiNE™ is a dance fitness class rooted in traditional dance such as JAZZ, HiP HOP, and BALLET. We take those foundational moves and follow dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you to keep moving and do less thinking.

**Wright's AME Church  
125 Booth Street  
Elkton, MD 21921**

**Tuesdays, October 29—December 3, 2019  
(No class 11/19) (5 week class)  
1:30 pm—2:30 pm**

**Instructor: Heike Button**

**Registration Opens September 29, 2019**

**To register, contact Judi Brubaker at 410-996-8177 or  
jbrubaker@ccgov.org or stop by the Elkton Center.**

**Healthy Options Programs for 55+... No Cost workshops designed to  
help you get in shape and stay there!**

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