

Delta Sigma Theta Sorority Incorporated
Jefferson County Alumnae Chapter
Physical and Mental Health Committee

~ presents ~



*A Glance at
Belly Dance*

Sunday, December 9, 2018

3:00pm - 4:00pm

Studio Vive at Thompson Tower

228 Red Bay Drive

Maylene, AL 36114

(410) 903-9331

Belly Dance is an effective way to tone and tighten your body core through the combination of spiritual, mental and physical movements that can enhance your life and improve your overall health. Some Benefits of Belly Dance include: posture improvement, immunity boost, weight loss, memory improvement, stress reduction & a boost in self-confidence.