

## Looking for something New & Different?

Check out Change Ringing at [www.NAGCR.org](http://www.NAGCR.org)

### Change Ringing offers the following opportunities:

Exercise for mind and body without requiring excessive stress or vigor.

A life long interest that offers more challenges than you will ever fully achieve. You can start around 10 years of age and continue as long as you can climb stairs and retain normal dexterity.

Opportunities (or Excuses) to travel to meet and ring with other practitioners throughout North America, Australia & the UK

And it's Cheap!

## Bored with Unimaginative and Poor TV shows and interminable Re-Runs?

Try something new. Check out Change Ringing at [www.NAGCR.org](http://www.NAGCR.org)

Local Change Ringing Group meets on Thursday evenings in Mount Lebanon

No special skills needed to start (although a fondness for beer is customary).

Just a commitment of time to practice regularly and a willingness to learn

## Looking for a new challenge?

Try something new. Check out Change Ringing and contact local ringers through [www.NAGCR.org](http://www.NAGCR.org)

Change Ringing can be a life long interest (or obsession if you allow it to be), can be practiced at all ages from about 10 upwards and requires only that you can climb stairs and retain normal manual dexterity

It offers opportunities to learn traditional skills and to travel to meet and ring with other practitioners throughout North America, Australia and the UK

And it's Cheap!

## Russian Roulette to tame?

Check out the latest in Excitement Recreation

Contact local Change Ringing groups through [www.NAGCR.org](http://www.NAGCR.org)

While fatalities are very rare, Change Ringing offers mental and physical challenges including endurance and concentration, requires leadership skills and quick thinking, and offers more challenges than you will ever fully accomplish

If you think you're up to it, give it a try!