

NBC 4 Health and Fitness EXPO

(At the Washington DC Convention Center)
Saturday and Sunday 12 & 13, January 2008
Square Dancers, Round Dancers, and Cloggers

Volunteer Dancers needed to dance in front of an audience and possibly the
NBC CAMERAS

Bring your Club Banner for recognition -- Meet NBC4 News Staffers, including Doreen Genzler, Bob Ryan, Wendy Reiger, Barbara Harrison, Susan Kidd, Liz Crenshaw, etc.

Schedule: Saturday/Sunday ROUND DANCING 9:15 TO 10:00 AM
Saturday/Sunday SQUARE DANCING 3:45-5:00 PM
Clogging Saturday/Sunday 12:45 – 1:30 PM
Staff: Callers: Butch Adams and Skip Cleland
Cuers: TBA

Now is the time to take control of your health and fitness, and the NBC4 Health & Fitness Expo is a great place to start. With most of the medical testing free, over \$1000 worth, the latest health and fitness information, a variety of experts and fitness fun from golf to aerobics all under one roof – there is definitely something for everyone! Entry to the Expo is free!!

Directions to the WASHINGTON DC CONVENTION CENTER

BY METRO (Best way to go)

The closest METRO stop is Mt. Vernon Square and 7 St. The Convention Center is on the Yellow line.

By CAR

From Maryland: FROM POINTS NORTH – Take I-95 south to Baltimore Washington Parkway (exit 22B) toward Washington. Take the Washington exit – US 50 West (on the right). US 50 West becomes New York Ave. Proceed on New York Ave. New York Ave becomes Mt. Vernon Place. The New Washington Convention center will be on your right.

From Maryland: FROM POINTS EAST

Take US 50 west. US 50 becomes New York Ave. New York Ave becomes Mt. Vernon Place. New Convention Center will be on your right.

From Maryland: FROM POINTS WEST

Take I – 270 to the Washington Beltway 495 West toward Northern Virginia. Take the George Washington Parkway (GW) exit to 395 North. Take the 12th St exit. Proceed on 12th Street exit and then turn right on Massachusetts Ave. Massachusetts Ave will become Mt. Vernon Place. The New Washington Convention Center will be on your left.

From Virginia: FROM POINTS SOUTH

Take I- 495 to 395. Take 395 north to Washington DC. Follow 395 north across the 14th Street Bridge. Stay in the right lanes. Proceed across the 14th Bridge to Independence Ave. Turn right on Independence Ave and proceed 2 blocks to Mt. Vernon Ave. Turn left on Mt Vernon Place. The Washington Convention Center will be on your right.

From Virginia: FROM POINTS NORTH

Take I – 495 to I 66. Take I- 66 east to Washington DC. Take the route 50/Constitution Ave exit. Proceed on Constitution Ave to 7th Street. Turn left on 7th Street. Proceed 9 blocks on 7th street to Mt Vernon Ave. Turn left on Mt Vernon Ave. The new Washington Convention Center will be on your right.

For information Call WASCA's Expo Coordinator (Current) –
Arbell Thompson 703-729-2109
Email arbellthompson@aol.com