

RSCDS, Northern Virginia Branch, presents:

Andrew Cichosz, Physical Therapist:



**Smart Stretching  
and  
Wise Warmups  
for Scottish  
Country Dancers**

at the Alexandria class on  
**Wednesday, May 3, 2006**  
8:00 p.m.

**Durant Center**  
1605 Cameron St, Alexandria

Bring a towel to sit on  
in case he shows us some floor stretches  
Dancing will follow Andrew's presentation

Info: Ellie Briscoe  
(703) 461-7383, [mail@briscoe.com](mailto:mail@briscoe.com)

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