

COMMITTEE ON  
HOMELAND SECURITY

SUBCOMMITTEES

EMERGENCY COMMUNICATIONS,  
PREPAREDNESS, AND RESPONSE

TRANSPORTATION SECURITY AND  
INFRASTRUCTURE PROTECTION



Congress of the United States  
House of Representatives  
Washington, DC 20515-1501

COMMITTEE ON  
TRANSPORTATION AND  
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SUBCOMMITTEES

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DISTRICT OF COLUMBIA

INFORMATION POLICY, CENSUS, AND  
NATIONAL ARCHIVES

July 20, 2010

Dear Friend,

I very much hope to have your participation in National Dance Day on **July 31<sup>st</sup> at the National Mall between 3<sup>rd</sup> St. and 4<sup>th</sup> St. NW**. National Dance Day will be held from 1 p.m. to 5 p.m. to help promote dance & to promote physical activity through dance. I am working on National Dance Day with producer and celebrity judge Nigel Lythgoe of the popular television program *So you Think You Can Dance*, who has spoken about National Dance Day on the show.

National Dance day will promote the health benefits of dance, and will recognize all forms of dance expression. As you know, in addition to being an art form, dance can be an aerobic activity that helps to improve heart health, strengthen muscles, increase flexibility, and burn calories. Our country has a national adult and child overweight and obesity epidemic. Keeping with the spirit of the First Lady's "Let's Move!" initiative to combat obesity, we can promote physical activity among children and the rest of us and have some fun at it by dancing, the exercise that many of us most enjoy!

We seek your presentation of a dance piece no longer than 8 minutes followed by an 8-16 count lesson for the community. This is a family event and we think all in attendance would particularly enjoy participating.

Please contact my events coordinator Brice Sikuade by phone, 202-783-5065 or e-mail, [Brice.Sikuade@mail.house.gov](mailto:Brice.Sikuade@mail.house.gov) to confirm your attendance or to ask any questions. We look forward to seeing you at National Dance Day on July 31<sup>st</sup>!

Sincerely,

A handwritten signature in black ink that reads "Eleanor H. Norton".

Eleanor Holmes Norton  
Member of Congress

EHN:bs

