



The SW Branch of the Connecticut *Holistic Health Association*

presents

ACTING YOUR TRUTH

This 2 hour workshop is designed to help you develop new ways of communicating and interacting with others by using acting tools that encourage spontaneity and moment-to-moment behavior as well as relaxation techniques that allow for a more accessible and authentic self. "The best actors are incapable of lying". Based on the concept that a good actor is always telling some essential truth, we will explore various ways in which you can unleash your truth, allowing for an abundance of opportunity and possibility.

With: Danielle Di Vecchio

Danielle Di Vecchio is a professional actress with an extensive theatrical background and most recently appeared in productions of Rebecca Gilman's *Spinning Into Butter* and *Boy Gets Girl* directed by Doug Moser. Danielle makes her HBO debut in the coming fifth season of *The Sopranos* as Tony and Janice's youngest sister, Barbara. She has appeared in several independent films including *Tadpole* directed by Gary Winick (2002 Sundance Winner for Best Director). She has performed live at Town Hall, NYC with Garrison Keillor on NPR's *A Prairie Home Companion* and can be heard on APHC's *A Pretty Good Joke Tape* along with Alison Janney, Paula Poundstone and Roy Blount Jr.

She has performed the role of Julie in Ian Cohen's *Lenny and Lou* at The Second Stage and at The Lark Theatre Company's Festival in the Fall of 2000. Most recently she starred in the premiere of Tom Dulack's (*Breaking Legs*) newest play, *Shooting Craps* at Studio Arena Theatre and in Liz Amberly's *Blueberry Waltz* which was selected as one of the finalists in the in the 2003 Samuel French New Plays Festival. She is a graduate of The University of Massachusetts at Amherst where she majored in Theatre and English. She has studied at The National Theatre Institute in New London, with E. Katherine Kerr at Playwright's Horizons and with director/teacher Seth Barrish at The Barrow Group in NYC. TV Credits: "The Sopranos," "NYPD Blue," "Witness To The Mob," "One Life to Live" and "All My Children."

Monday, November 10, 2003

7:00pm-8:30pm (doors open at 6:30pm for light refreshments)

Norwalk Community Technical College
East Campus Building Auditorium
Richards Avenue, Norwalk, CT

Directions from your home: www.mapquest.com

Free to members and the public