AGENDA

7:30 am  Registration
8:15   Conference Chairpersons' Welcome - Dr. James Carson & Stephanie Pilley-Correia
8:20   Artists' Health Centre Welcome - Dr. Phil Ellison
8:25   Movement Mini-Session #1

Session One – Promote Dancers’ Health
This session features three speakers who will discuss strategies to:
8:30   Promote Wellness for Dancers - Dr. Julia Alleyne
9:00   Promote Healthy Dancers, Over the Life Cycle and Across the Country - Dr. Nancy Francis
9:30   Optimally Manage Dancers’ Injuries - Dr. Merrilee Zetaruk
10:00  Session One Panel
10:15  Break
10:45  Movement Mini-Session #2

Session Two – Prevention of Dance Injuries
This session features three speakers who will discuss strategies to allow dance educators the confidence to teach:
10:50  Optimal Nutrition for Dancers - Stefanie DePaolis
11:15  Strength Training for Dancers - Heather Finn
11:40  Using Best Dance Training Practices - Donna Krasnow
12:05  Session Two Panel
12:20  Lunch
12:40  Lunchtime Interactive Sessions:
        Using a theme of optimizing dancers’ health, the above six speakers will facilitate three distinct sessions eliciting:
        a) The Culture of Education - J. Alleyne & D. Krasnow
        b) The Culture of Communication - N. Francis & H. Finn
        c) The Culture of Expectations - M. Zetaruk & S. DePaolis
1:15   Movement Mini-Session #3

Session Three – The Expectations of an Alliance of Dancers, Dance Educators and Health Professionals
The first portion of this session aims to have the greatest impact by focusing upon:
1:20   Expectations for the Management of Foot Injuries in Ballet - Dr. Darrell Ogilvie-Harris
2:00   A Case of an Injured Dancer in the Community - how a team (including the dancer) optimally worked together to return the dancer promptly to full activity - Dr. Laura Cruz & Dinah Hampson
2:45   Break
In portion two, a panel of three speakers will summarize the expectations, the majority of which will be hand delivered to them from members of the audience. As a conclusion, they will also discuss the suggestions for a culture change from the breakout sessions:
3:00   Summary - Heather Finn, Stephanie Pilley-Correia, Stefanie DePaolis
3:30   Adjourn
**Healthy Dancer Canada**

An alliance of dancers, dance educators and health professionals

**Presents our 2nd Annual Conference…**

**"A MILLION HEALTHY DANCERS"**

Toronto Western Hospital
399 Bathurst St. Toronto ON
Sunday September, 27th, 2009

**FACULTY**

**Conference chairperson:**

*Dr. James Carson*
Assistant Professor, Departments of
Family & Community Medicine and Surgery
University of Toronto
Toronto, ON

*Dr. Phil Ellison*
Medical Director, Artists’ Health Centre
Assistant Professor, Department of
Family & Community Medicine
University of Toronto
Toronto, ON

*Dr. Nancy Francis*
Associate Professor
Department of Physical Education and Kinesiology
Brock University
St. Catharines, ON

*Stefanie DePaolis*
Consulting Dietitian
Menu for Movement Seminars
North York Family Health Team
Toronto, ON

*Donna Krasnow*
Professor, Department of Dance, York University
Toronto, ON
Guest instructor, University of Melbourne, Australia
Dance Faculty, California State University, Northridge

*Dr. Laura Cruz*
Sport and Exercise Medicine Consultant
Lecturer, Department of Family & Community Medicine
University of Toronto
Toronto, ON

*Conference chairperson:*

*Stephanie Pilley-Correia*
Artistic Director
Vision Dance Academy
Newmarket, ON

*Dr. Julia Alleyne*
Medical Director, Sport C.A.R.E
Women’s College Hospital, Assistant Professor, Dept. of
Family & Community Medicine, University of Toronto
Consultant Physician, National Ballet of Canada
Toronto, ON

*Dr. Merrilee Zetaruk*
Associate Professor, Dept. of Pediatrics & Child Health
University of Manitoba
Director, Pediatric Sport & Dance Medicine Program
Children's Hospital
Winnipeg, MB

*Heather Finn*
Registered Physiotherapist, Certified Pilates Instructor
Motion Matters Physiotherapy and Sports Injury Clinic
Ottawa, ON

*Dr. Darrell Ogilvie-Harris*
Associate Professor Department of Surgery
University of Toronto
Toronto Western Hospital & the Artists’ Health Centre
Toronto, ON

*Dinah Hampson*
Physiotherapist
Pivot Sport Medicine & Orthopaedics
Toronto, ON