

# Healthy Dancer Canada

An alliance of dancers, dance educators and health professionals

Presents our 2<sup>nd</sup> Annual Conference...

## "A MILLION HEALTHY DANCERS"

Toronto Western Hospital  
399 Bathurst St. Toronto ON  
Sunday September, 27<sup>th</sup>, 2009

### 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*  
12:05pm 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

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### 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