

# Healthy Dancer Canada Conference 2010

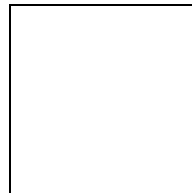
Healthy Dancer Canada would like to acknowledge and thank our speakers:

Donna Krasnow, MS, Dance Educator  
Linda Googh, Reflexologist  
Carlo Di Nardo, Physiotherapist  
Dr. James Carson  
Dr. Andra Campitelli  
Dr. George Roth  
Dr. Kate Hays

We would also like to thank our host, volunteers, affiliates and sponsors:



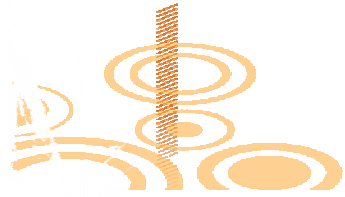
*World's Finest*  
C H O C O L A T E



JCB  Danceworks

Volunteers:

Jennifer Weber, Kelly Sullivan, Heather Finn, David De Paolis, Kathy Shalagan



# Healthy Dancer Canada Conference 2010

## **Agenda**

8:30-9:00am	Registration
9:00-9:45 am	Donna Krasnow, MS, Dance Educator – CI Training: A movement session for developing turnout
9:45-10:30 am	Linda Googh, Reflexologist – Introduction to Danceflexology
10:30-10:45 am	Break
10:45-11:30 am	Carlo Di Nardo, Physiotherapist – Functional Training Methodology in Dance
11:30 am-12:15 pm	Dr. James Carson, MD – Ankle Sprains – prevention and treatment
12:15-1:15 pm	Lunch
1:15-2:00 pm	Dr. Andra Campitelli, Naturopathic Doctor- Bone Health for Dancers
2:00-2:45 pm	Dr. George Roth – Lower Limb Injuries in Dancers – The Matrix Repatterning Solution
2:45 – 3:30 pm	Dr. Kate Hays, Psychologist Mental Skills for Optimal Dance Performance
3:30 – 3:45 pm	Wrap up and Evaluations
4 pm	Healthy Dancer Canada Member Update



# Healthy Dancer Canada Conference 2010

## Evaluation

Sunday, September 26, 2010

The following information will help us to commence planning for future conferences. We would be grateful if you could complete this evaluation form and deposit it at the registration desk upon departure from the conference.

Please rate the components of the conference:

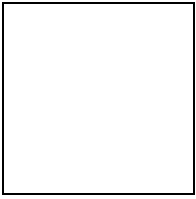
	Excellent	Good	Satisfactory	Fair	Poor
<b>Donna Krasnow</b> CI Training: A movement session for developing turnout					
<b>Linda Googh</b> Introduction to Danceflexology					
<b>Carol Di Nardo</b> Functional Training Methodology in Dance					
<b>Dr. James Carson</b> Ankle Sprains - prevention and treatment					
<b>Dr. Andra Campitelli</b> Bone Health for Dancers					
<b>Dr. George Roth</b> Lower limb injuries in dancers - the Matrix Repatterning Solution					
<b>Dr. Kate Hays</b> Mental Skills for Optimal Dance Performance					

Additional information:

	Excellent	Good	Satisfactory	Fair	Poor
General organization of the conference					
Registration process and facilities					
Quality of A/V presentations					
Luncheon and refreshments					
Overall Rating					

The program was credible and non-biased:      Yes \_\_\_\_ No \_\_\_\_\_

Please write any suggestions on the back of the page.



# Healthy Dancer Canada Conference 2010

Welcome to the 3rd Annual Healthy Dancer Canada Conference! We are proud to announce that since the last conference, we have received our official status as a Not-for Profit Organization! If you are interested in obtaining membership with Healthy Dancer Canada, please visit us online at [www.healthydancercanada.org](http://www.healthydancercanada.org). We are so glad you have decided to join us for this exciting event today, and we look forward to seeing you at future Healthy Dancer Canada events. Enjoy the day!

Sincerely,



Stephanie Correia (President)



& Stefanie DePaolis (Vice-President)