



Healthy Dancer Canada Western Conference

February 6, 2011

Shadbolt Centre for the Arts, Burnaby, BC

Welcome to *Healthy Dancer Canada's* 4th Conference and first Western Conference! We are so pleased to have you join us for this exciting and educational event.

Healthy Dancer Canada is an alliance of health professionals, dance educators, dance parents and dancers. Our mission is to be the Canadian leader in facilitating communication and collaboration between the dance community and health professionals to enhance the health and well-being of all dancers. We are proud to announce that we recently received our official status as a not-for-profit organization! If you are interested in becoming a member, please visit us online at healthydancercanada.org.

We look forward to seeing you at future *Healthy Dancer Canada* events. Enjoy the day!

Sincerely,

Stefanie DePaolis (Healthy Dancer Canada, President)
& *Andrea Downie* (Healthy Dancer Canada Western Conference, Chair)



Presenter Biographies

Andrea Downie has been teaching dance and fitness for 20 years. She has a BFA and MA in Dance from York University in Toronto and has completed the professional training program at Dance New Amsterdam in New York City where she performed with Jodi Oberfelder Dance Projects. She is a certified Level 2 Conditioning-with-Imagery (C-I) Training teacher, a certified teacher of the Simonson Technique, and founding member of Healthy Dance Canada. Andrea currently resides in Prince George where she instructs Biomechanics in the Human Kinetics program at the College of New Caledonia and teaches dance at Enchainement Dance Centre. Prior to her move north, she was on faculty at the Shadbolt Centre for the Arts in Vancouver for 12 years. andrea.downie@yahoo.com.

Cathy Gordon graduated from the University of British Columbia in 1980 with a Bachelor of Science in Rehabilitation and has worked as a physiotherapist in acute care, home care and private practice settings for over 30 years. She has extensive experience working with patients of all ages and has travelled worldwide with athletes attending training camps, World Cups, Commonwealth, Pan American and Olympic Games. Cathy's professional interests include working in the clinic and on-site with members of the performing arts – dancers and musicians. She joined the team at the Allan McGavin Sports Medicine Center in 2002 enjoys using her manual therapy skills and knowledge of exercise to help her patients achieve their goals.

Anna Kemble is a Board Certified Dance-Movement Therapist (MA from Naropa University) and Registered Clinical Counsellor practicing over ten years. She teaches Laban Movement Analysis and Dance Therapy locally and internationally. Anna's passion is embodiment through awareness, movement and voice, helping people grow toward their true nature. www.annakemble.com, 604-781-6040.

Natalie LeFebvre Gnam is a Vancouver based dance artist, educator, and certified Conditioning-with-Imagery Training teacher. Born in Prince George BC, Natalie received her training at L'École Nationale de Danse Contemporaine in Montreal and has worked with Le Jeune Ballet du Québec, Les Grands Ballets Canadiens de Montréal, dancersdancing and Coleman Lemieux & Co. In 2008, Natalie and husband James Gnam founded the plastic orchid factory. Over the past three seasons, the company commissioned new works by Lee Su-Feh, Peter Bingham and James Gnam. In 2009, Natalie and James were honoured as the emerging artists at the Mayor's Arts Award for Dance in Vancouver. Natalie was also the recipient of the Isadora Duncan Award for Excellence for her performance in 'endORPHIN', the plastic orchid factory's first evening length work. www.plasticorchidfactory.com.

Kristina Lemieux is the Program Coordinator for the Canadian Alliance of Dance Artists - BC Chapter. CADA-BC is a membership of dance artists working together to raise the professional standards within our employment sector with the vision to support dance artists as an integral part of BC's cultural force. Kristina brings 10 years experience as an arts administrator with a passion for dance. Hailing from Edmonton, Kristina was an active member of Edmonton's dance community and a dancer with Orchesis Dance Group, KO Dance Project and Mile Zero Dance. Since relocating to Vancouver in 2007, Kristina has found a fast friend in Vancouver's dance community- she sits on the Boards of Tara Cheyenne Performance and dances with Continuum Dance Company at the Shadbolt Centre. She also works with Arts Umbrella and The Tomorrow Collective.

Bonnie E. Robson has spent 35 years in clinical adult and child psychiatry, and since 1983 specializing in performing arts medicine and performance enhancement for vocal music students, dance students, teachers, administrators, and artistic directors. Currently she offers consultation to artists and athletes at Pivot Sports Medicine and Orthopedics in Toronto. She was a consultant to the National Ballet School of Canada from 1983 - 1985 and Quinte Ballet School of Canada from 2000. Her original arts-related research makes her a popular speaker/presenter at national and international conferences. She has published her research in such juried journals as the Journal of Dance Medicine and Science and Medical Problems of Performing Artists where she also serves on the editorial Board. She was on the Board of Directors of PAMA and has served on the Board of NETWORK Schools and chaired their research committee. She was honoured by this organization with a life time achievement award for her contribution to arts education.

Alia Ruemper is originally from British Columbia. She completed her BA Dance (Distinction) and BKin General Kinesiology Degrees at the University of Calgary. Alia also has an Associated Dance Arts for Professional Teachers (ADAPT) teaching certification as well as a STOTT Pilates certification. In 2008 Alia completed her MSc in Dance Science (Distinction) at Laban (London, England) and returned to Europe in 2009 to present her MSc thesis at the International Association of Dance Medicine and Science conference where she won the Student Research Award. Alia is currently a full-time dance teacher in Alberta.

Vincent Walker practices Registered Massage Therapy in the Scotiabank Dance Centre, and the U.B.C. Aquatic Centre. He graduated from West Coast College of Massage Therapy and began practice in 1995. Primarily focused on dancers and athletes, he strives to balance the body's internal healing mechanisms and give a good massage.



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Agenda

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| 9:00-9:30 am | REGISTRATION |
| 9:30-10:10 am | Andrea Downie MA, Dance Educator –
<i>Dance Conditioning for Improved Technique and Injury Prevention
(A Movement Session in Studio 100/101)</i> |
| 10:15-10:55 am | Alia Ruemper MSc, Dance Researcher –
<i>Hypermobility and the Dancer: Differentiating between General
Joint Hypermobility and Joint Hypermobility Syndrome and How
they both Relate to Injuries and Injury Prevention</i> |
| 10:55-11:05 am | BREAK |
| 11:05-11:25 am | Natalie LeFebvre Gnam / the plastic orchid factory, Dancer –
<i>A Dancer's Perspectives on Health and Injury</i> |
| 11:30 am-12:10 pm | Cathy Gordon BSR PT, Physiotherapist –
<i>The Growing Dancer</i> |
| 12:10-1:05 pm | LUNCH |
| 1:05-1:45 pm | Vincent Walker RMT, Massage Therapist –
<i>Understanding the Role of Massage Therapy for Injury Prevention
and Rehabilitation</i> |
| 1:50-2:10 pm | Anna Kemble MA RCC CLMA BC-DMT, Dance-Movement
Therapist – <i>Dance-Movement Therapy: A Resource for Supporting
Integrated Physical, Emotional and Mental Health for Dancers</i> |
| 2:10-2:20 pm | BREAK |
| 2:20-3:00 pm | Dr. Bonnie E. Robson MD FRCP, Psychiatrist –
<i>Psychological Issues for Dance Professionals: A Clinical Approach
to Stress Reduction and Improved Performance</i> |
| 3:05-3:25 pm | Kristina Lemieux , Program Coordinator CADA-BC –
<i>Navigating the Maze of Health Care: For Dancers</i> |
| 3:25-3:30 pm | CONFERENCE WRAP-UP |



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

- Andrea Downie MA, Dance Educator
- Cathy Gordon BSR PT, Physiotherapist
- Anna Kemble MA RCC CLMA BC-DMT, Dance-Movement Therapist
- Natalie LeFebvre Gnam / the plastic orchid factory, Dance Artist
- Kristina Lemieux, Program Coordinator CADA-BC
- Dr. Bonnie E. Robson MD FRCP, Psychiatrist
- Alia Ruemper MSc, Dance Researcher
- Vincent Walker RMT, Massage Therapist

We would also like to thank our host, the *Shadbolt Centre for the Arts*, and our volunteers:

- Suja Gopal, Liliane Mercier and Alia Ruemper

Special thanks to our sponsors and affiliates:

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Healthy Dancer Canada welcomes your comments and feedback.
Please contact us at healthydancercanada@gmail.com.