



Healthy Dancer Canada

The Dance Health Alliance of Canada

6th Annual Conference “Dancer Health and Wellness: the Art and Science Revealed” Dancemakers, Toronto, Ontario

- 8:30-9:00 Registration
- 9:10-9:20 Welcome-Anita Vandenberg, MSc PT, BKin (Hons), HDC Vice President, Conference Coordinator
- 9:25-9:55 Presentation- Dr. Clara Leung, DC
“Soaring without (Unnecessary) Soreness: Prevention, Treatment and Recovery of Common Dance Injuries”
- 10:00 - 10:30 Presentation – Dr. Anita Shack & Ruth Bittorf, RN (EC), MN, NP
“Building and Maintaining Confidence and Self Esteem in Dancers”
- 10:35-11:05 Presentation-Nadine Saxton, MA, CMA, CST, RSMT
“Developmental Breath Processes as Underlying Support for Movement Choices”
- 11:05-11:20 BREAK
- 11:20-11:30 Performance- Momentum Dance Toronto
Jaime Lopez, Jennifer Bezaire, Michael Dore, Sylvia Van Helden
“Heart of My Soul”
- 11:35-12:25 Panel Discussion- Dr. Clara Leung, Dr. Anita Shack, Ruth Bittorf, Nadine Saxton
- 12:30- 1:30 LUNCH
- 1:30-2:00 Annual General Meeting- Carolina Rotondo BSC, MPT, HDC President
- 2:05-2:35 Presentation- Monika Volkmar, BFA, CSCS
“Training the Athletic Dancer: Supplemental Strength Training for High Performance Dancing”
- 2:40-3:10 Presentation – Bonnie E. Robson , MD, DPsych, DCP, FRCP(C)
“Imagery in the Clinic and the Studio: Collaboration between Teachers and Health Professionals to Enhance Performance and Reduce Anxiety on Return to Dance after Injury”
- 3:10-3:25 BREAK
- 3:25-3:55 Presentation – Jennifer Bezaire, ARAD, BScN, RN, CCN(C), CNCC(C)
“Perspectives and Directions in Dancer Health: Health Perceptions, Beliefs and Experiences of Canadian Dancers”
- 4:00-4:50 Panel Discussion- Peggy Baker, Monika Volkmar, Bonnie E. Robson, Jennifer Bezaire
- 4:50-5:00 Conference Wrap up/Evaluations