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