Healthy Dancer Canada
The Dance Health Alliance of Canada

7TH ANNUAL CONFERENCE 2014
A Focus on Health and Wellness in Dance

FREE Pre-Conference Workshop, Saturday September 13, 2014
7th Floor, Scotiabank Dance Centre – The Dance Centre Open House
11:00-12:30  Workshop: Stuart Anderson and Andrea Downie
Anxiety and Movement Memory in Dance

Conference, Sunday September 14, 2014
Faris Family Theatre, Scotiabank Dance Centre
12:00-12:40  Registration
12:40-12:45  Welcome: Andrea Downie
12:45-1:15  Presentation: Chantale Lussier
Do We Wear Dance as a Noun or a Verb? Mental Health Implications of Dancers’ Creative Identities
1:20-1:40  Interview: Dario Dinuzzi
A Dancer’s Perspective on Health and Wellness
1:45-2:15  Movement Workshop: Mariah-Jane Thies
The Missing Link in the Foundations of Dance Training
2:20-2:50  Presentation: Susie Higgins, Erika Mayall, and Astrid Sherman
Scoliosis in Ballet
2:50-3:20  BREAK – Please visit the CADA West Poster Presentation
*3:00-3:20  *Annual General Meeting: Stuart Anderson
3:20-3:50  Presentation: Monika Volkmar
Developing the Athletic Artist: Integrating Long Term Athlete Development into Dance
3:55-4:25  Movement Workshop: Marla Eist
Addressing Dancers’ Gluteus Medius Weakness and Fear of Internal Rotation with In-Class Exercises
4:30-4:45  Performance: Arts Umbrella Dance Company
4:50-5:25  Panel Discussion: Dario Dinuzzi, Marla Eist, Artemis Gordon, Susie Higgins, Chantale Lussier, Erika Mayall, Astrid Sherman, Mariah-Jane Thies, Monika Volkmar, and Jessica Wadsworth
5:25-5:30  Conference Wrap-Up & Evaluations

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