



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