

Healthy Dancer Canada Conference 2023*

Times in PDT	Saturday, November 4	Times in PST	Sunday, November 5
9:00 AM	Introducing the National Centre for Dance Therapy: 10 years of well-being through dance Presenter: Jonathan Heredia de la Cruz	9:00 AM	Taking our Next Steps with Healthy Dancer Canada Presenters: Allysan Lui, Bryn Bridgen, Lucía Llano, Andrea Downie
	Q & A		Q & A
10:00 AM	A children’s rights perspective on dance education Presenter: Charlotte Downing	10:00 AM	Using your mind to open up new movement possibilities. Presenter: Iris Lahad
	Speaking to Safe Sport: Understanding touch and consent through dance and ballet Presenter: Amy Kopp		
	Q & A		Q & A
11:00 AM	Break	11:00 AM	Break
11:30 AM	Exercise recommendations: What to do after screening your dancers? Presenters: Sarah Kenny & Erika Mayall	11:30 AM	Building the dance performance: Strength assessment strategies and applications Presenter: Simona Di Nardo
			Advancing Dancer Health and Wellness in Rural Areas of British Columbia Presenter: Method Dance Society
	Q & A		Q & A
12:30 PM	Performance: Until it Breaks Me Down		Performance: Break the Cycle
	Lunch	12:30 PM	Healthy Dancer Canada AGM
1:30 PM	A fall from grace? A proposal examining retired ballet dancers' experiences with body image across the life course. Presenter: Regan Thompson		
	Factors Contributing to Body Image (Dis)satisfaction Among Experienced Adult Dancers Presenter: Cara Paley		
	Q & A		
2:30 PM	Performance: Moon Reflected in East Sea		
2:45 PM	Hot Topics Social Time		

Thank you to our sponsors

Silver

Conditioning
WITH **Imagery** FOR DANCERS

Bronze



HUMAN KINETICS

*Tentative schedule, subject to change