

## Member Benefits

As a member of Healthy Dancer Canada / The Dance Health Alliance of Canada, you will contribute to improving the health, well-being and performance of Canadian dancers.

Member benefits:

- **Vote** at our Annual General Meeting of Members.
- **Network** with other dancers, dance educators, healthcare professionals and researchers with an interest in dance health and wellness, including
  - Your name and contact information on our **Member Directory**.
  - Share your events on our **website**, **social media** and in our newsletters.
  - The opportunity to serve on one of our **committees**.
  - A chance to participate in **events** in your community.
- Access **continuing education** and **professional development**, including
  - **Newsletters** (quarterly, includes articles and access to archives).
  - **Conferences** (discount for members, access to conference materials).
  - Access to **HDC's Pre-Professional Dancer Screens** (free and for members-only).
  - **Dance resources** (free for members, advanced access to new resources).
  - Discounts on **Human Kinetics books**.
- **Collaborate** with key organizations in the global dance community.

## Support

HDC provides financial support to the dance community in the following ways:

- Dancer/student grants and awards
- Annual research award
- Paid dance performances at HDC events
- Financial supports

## Committees

Our members contribute to a healthy Canadian dance community and connect with dancers, dance educators, health professionals and researchers through the work of the following committees:

- Black, Indigenous and Peoples of Colour Advocacy Working Group
- Conference
- Dancer Screening
- Financial Development
- Membership
- Newsletter
- Outreach & Communications
- Resources



Join  
**Healthy Dancer Canada**  
today!

## Contact

For more information:



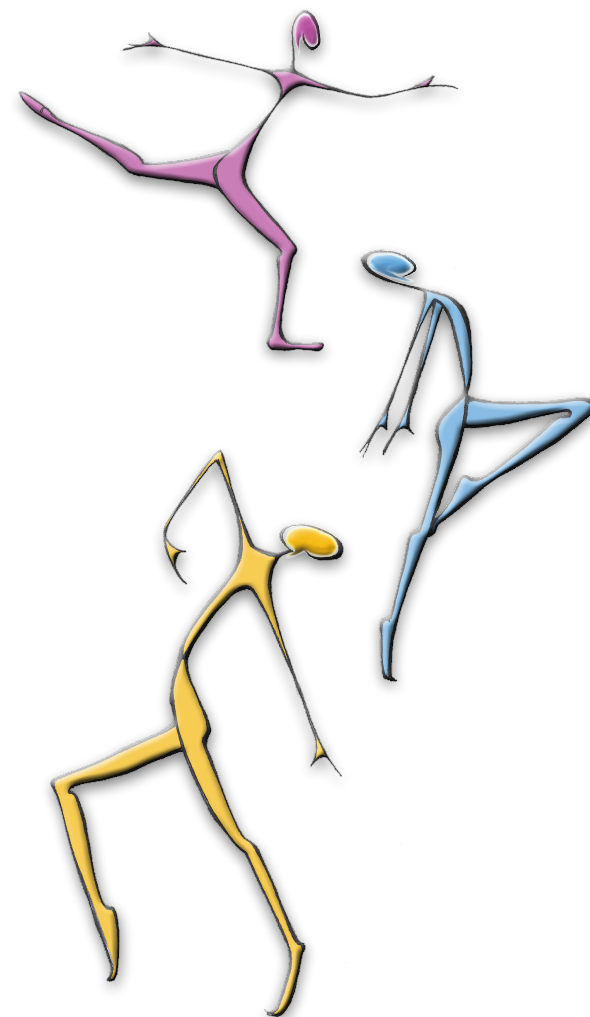
[www.healthydancercanada.org](http://www.healthydancercanada.org)



[healthydancercanada@gmail.com](mailto:healthydancercanada@gmail.com)



**Healthy  
Dancer** Canada  
The Dance Health Alliance of Canada



[www.healthydancercanada.org](http://www.healthydancercanada.org)

## Vision

Healthy Dancer Canada (HDC) envisions a dynamic community of dancers, dance educators, health professionals and researchers dedicated to promoting dancer health and wellness, optimizing performance, understanding and addressing the unique challenges facing the dance community, and creating an inclusive culture of healthy dance practice in Canada.

## Mission

HDC's mission is to foster and facilitate communication and collaboration among the dance community, healthcare professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.



## Icon

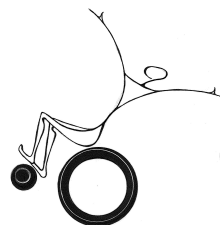
The dancing icon in HDC's logo was designed to represent every dancer (regardless of personal and sociocultural identities) and all dance forms. The colours surrounding the dancer symbolize our goal to have equal representation from dancers, dance educators, healthcare professionals/researchers within our organization.

[www.healthydancercanada.org](http://www.healthydancercanada.org)

## Values

HDC is committed to the following:

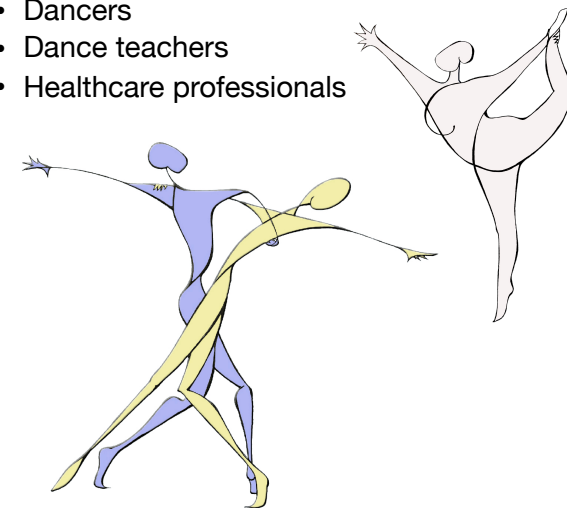
- **Advancement:** Advancing the health, well-being, fitness and performance of dancers in Canada.
- **Community:** Building community by
  - Fostering respect, understanding and knowledge-sharing among members of the dance community, including dancers and their families, dance educators and other dance professionals, healthcare professionals and researchers.
  - Offering networking, leadership and volunteer opportunities.
- **Education:** Providing accessible and current information, continuing education and professional development to the dance community and healthcare professionals.
- **Expertise:** Being the leading experts in the health and wellness of Canadian dancers.
- **Leadership:** Supporting and promoting healthy approaches to dance in Canada through ongoing initiatives.



## Workshops

HDC delivers talks, workshops, courses and webinars in healthy dance practices. Contact us to arrange a workshop tailored to your needs. We provide education for the following groups:

- Dancers
- Dance teachers
- Healthcare professionals



## Healthy Dance Certificates

Healthy Dancer Canada has partnered with Safe in Dance International (SiDI). Our organizations are committed to working together toward our shared vision of healthy dance practice. We endorse SiDI certificates as they follow and apply mutual values. Certificates include the following:

- Preparation for Healthy Dance Certificate
- Healthy Dancer Certificate
- Healthy Dance Practice Certificate

SAFE in DANCE INTERNATIONAL

[www.safeindance.com](http://www.safeindance.com)