

Mission

HDC's mission is to empower dancers and all who engage with the art of dance by nurturing a culture of wellness within a vibrant dancing community.

Vision

HDC envisions a dynamic culture that welcomes everyone to experience and share the art of dance in all its significance and greatness. We imagine a movement in which healthy practices honour and support the diverse roots, forms, and expressions of dance.

Values

With a dancer-centred and sustainable approach, HDC values

- Wellness, safety, and care
- Equity, diversity, inclusivity, and accessibility
- Community and collaboration
- Integrity, accountability, and transparency



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



www.healthydancercanada.org

Empower dancers

Join Healthy Dancer Canada

Member Benefits

As a member of Healthy Dancer Canada / The Dance Health Alliance of Canada (HDC), you will contribute to improving the health and wellness of dancers.

- **Demonstrate commitment** to dancer health and wellness by listing your affiliation with the organization
- **Network** with dancers, dance educators, health professionals, and researchers with a shared interest in dancer health and wellness
 - Your name and contact information on the member **directory**
 - Share your news and events in the quarterly members' **newsletter**
 - Opportunities to **collaborate** with key organizations in the global dance community
- **Continuing education and professional development** opportunities
 - Receive newsletters with educational **articles** and discounts to **Human Kinetics books**
 - Receive discounts to HDC **conferences** and **webinars**
 - Learn and serve on HDC **committees**
 - Access HDC's members-only **pre-professional dancer screens**
 - Receive advance access to new **dance resources**
- **Vote** at the Annual General Meeting of Members

Committees

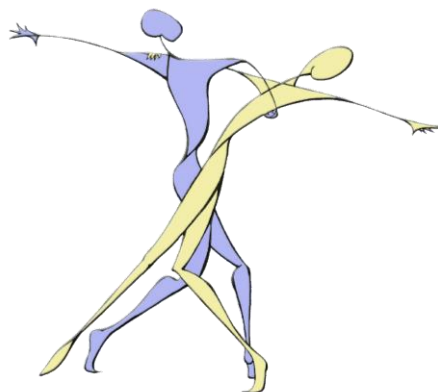
Our members contribute to a healthy dance community by connecting dancers, dance educators, health professionals and researchers through the work of our operating committees.

- Continuing Education Committee
- Equity, Diversity, Inclusion, and Accessibility Committee
- Membership Committee
- Outreach and Communications Committee
- Sustainability Committee

Support

HDC provides support to the dance community through our initiatives and programs.

- Financial Assistance Program
- BIPOC Emerging Artist Scholarship
- Dancer's Necessity Fund
- Paid dance performances at HDC events
- Annual research award
- Complimentary conference passes for low-income individuals



Workshops & Webinars

HDC delivers a variety of educational talks, workshops, webinars, and courses in healthy dance practice. Contact us to arrange a workshop tailored to your needs. We provide education for dancers, dance educators, and health professionals.

Healthy Dance Certificate Courses

HDC endorses and offers preparation for the Safe in Dance International (SiDI) Healthy Dance Certificates.

- Preparation for Healthy Dance Certificate (PHDC)
- Healthy Dancer Certificate (HDC)
- Healthy Dance Practice Certificate (HDPC)

"I have a greater understanding of the issues involved in maintaining dancer wellness, particularly in young dancers. I enjoyed seeing young dancers, experienced dancers, teachers, and healthcare professionals come together to network and discuss how to make dance better for everyone..." Mariel

Contact Us

Healthy Dancer Canada
info@healthydancercanada.org

Visit us on the Web:
www.healthydancercanada.org