



## Healthy Dancer Canada Virtual Conference 2022

*Participation, performance, bien-être personnel*

Times in PST	Saturday November 19	Sunday November 20
9:00 AM	Keynote Speaker: Bonnie Robson "Armchair Chat with Jo-Anne LaFlèche"	Keynote Speaker: Starr Muranko "Dancing Ourselves into Presence: A Journey of Healing and Resilience"
9:50 AM	Q & A	Q & A
10:00 AM	Evidence-based Dynamic Warm-up for Dancers Presenter: Alison Deleget	Igniting the Spirit: Self-determination and Miyo Pimadisiwin (the good life) Presenter: Sandra Lamouche
10:50 AM	Q & A	Q & A
11:00 AM	Break	Break
11:30 AM	The Nervous System: A Missing Link in Mobility Training? Presenter: Erika Mayall	C-I Training (Conditioning-with-Imagery for Dancers Presenter: Donna Krasnow
12:20 PM	Q & A	Q & A
12:30 PM	Performance: High Tide Low Tide Performer: Amber Downie-Back	Lunch and HDC AGM
	Lunch	
1:30 PM	Lecture Series:	
	Reliability of Dance Injury and Participation Questionnaire for Pre-Adolescent Studio Dancers Presenter: Alli George	Lecture Series:
	Words Matter: Beating Disordered Eating in the Studio Presenter: Clara Chemtov	West African Dance Influence on Foundational Movement Strategies and Ways to Improve Them Presenters: Michèle Moss, Sando Rajic
	Undergraduate Contemporary Dancers' Perceptions of Dance-related Pain, Injury, and Fatigue Presenter: Jenna Magrath	Proposal for Implementing Biopsychosocial Recommendations for Return to Dance Presenter: Sarah Ebery-Atlas
2:20 PM	Q & A	Q & A
2:30 PM	The Mitzvah Technique: Chair and Floor Exercise Introduction Presenter: Susan Green	Healthy Hips: Finding the Balance Between Mobility and Stability Through Dance Conditioning Presenter: Teal Darkenwald
3:20 PM	Q & A	Q & A
3:30 PM	Performance: Locust-Cry Performers: Canadian Contemporary Dance Theatre	Performance: In 2 Deep Performers: SaMel Tanz
3:40 PM	"Hot Topics" social time	Closing Remarks Q & A with the committees