**Healthy Dancer Canada Virtual Conference 2022**

**Participation, performance, bien-être personnel**

<table>
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<tr>
<th>Times in PST</th>
<th>Saturday November 19</th>
<th>Sunday November 20</th>
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</table>
| 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: | Lecture Series: |
|              | Reliability of Dance Injury and Participation Questionnaire for Pre-Adolescent Studio Dancers  
Presenter: Alli George | |
|              | 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 Edery-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 |