

Healthy Dancer Canada Hybrid Conference 2025
Jump In! From Insight to Impact in Dance Health
Plongez ! de l'intuition à l'impact en santé de la danse
 November 8 & 9 / 8 et 9 novembre 2025
 Montréal, QC



Saturday, November 8 / Samedi, 8 novembre

Time (EST) / horaire (HE)	Session A (Studio Kudelka)	Session B (Studio Chiriaeff)
8:00-9:00 AM	Registration and breakfast / Inscriptions et petit déjeuner	
9:00-9:15 AM	Opening remarks / Remarques d'ouverture	
9:15-10:00 AM	<p>Anik Bissonnette Keynote speaker / Conférencière principale La santé en danse : un engagement aujourd'hui pour les artistes de demain (Studio Chiriaeff)</p>	
10:00-10:15 AM	Keynote Q & A / questions et réponses	
10:15-10:30 AM	Simona Di Nardo— <i>Defining Healthy Dancers: A Pyramid Approach</i>	
10:30-10:45 AM	Sam Beckman, Sarah Kenny, PhD; Laura St. John, PhD; Jennifer Zwicker, PhD; & Cari Din, PhD— <i>Using the Implementation Roadmap in Dance Health Research</i>	
10:45-11:00 AM	Alyssa Hughes, Dr. Paige Pope— <i>Surveying the Silence: Exploring Mental Health and Psychological Skills Needs in Competitive Dance Training</i>	
11:00-11:15 AM	Lecture Q & A / Exposés- questions et réponses	
11:15-11:45 AM	Break & snacks/ Pause et collations	
11:45-12:30 PM	Jenna Evans, Neela Vadivel— <i>Maximizing your holistic healthcare partnership</i>	Dr. Renee Raymond— <i>Performance, Pressure, and the Self: Building Identity Beyond the Studio</i>

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12:30-12:45 PM	Panel Q & A / Panel- questions et réponses	Workshop- Q & A / Atelier- questions et réponses
12:45-1:00PM	tanam (Presented by Simona Di Nardo & Erika Ciccone)	
1:00-2:15 PM	Lunch (on your own) / Diner (repas non-fourni)	
2:15-2:30 PM	Aalaya Milne, Ashley Stirling— <i>Escaping into Dance: Dance as a Growth Supporting Environment</i>	Ève Constantin— <i>La marche chorégraphique : un outil de régulation ancré dans le quotidien</i>
2:30-2:45 PM	Bronwyn Roberts— <i>So, How Am I Doing?: A Literature Review on Teaching Values in Dance Education through the Lens of Assessment</i>	
2:45-3:00 PM	Natalie Tacuri— <i>Performing Girlhood: Navigating Sexualization, Agency, and Ambiguity in Competitive Dance</i>	
3:00-3:15 PM	Lecture Q & A / Exposés- questions et réponses	Workshop- Q & A / Atelier- questions et réponses
3:15-3:45 PM	Break & snacks/ Pause et collations	
3:45-4:00 PM	Melissa Bartrem— <i>The Heart of Teaching: Identifying & developing Pedagogical Content Knowledge for an Inclusive Dance Teaching Practice</i>	Kim Desjardins, Christine Germain— <i>Et si la prévention des blessures devenait un espace d'apprentissage somatique et interdisciplinaire ?</i>
4:00-4:15 PM	Laura St John, Nicole Bobette, Tiziana Vople, Prachi Patel & Yona Lunsky— <i>"And...yes, I danced!" – Supporting dance in aging adults with intellectual and/or developmental disabilities</i>	
4:15-4:30 PM	Tricia Sandham— <i>Exploring Hope and Resilience in Dance</i>	

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4:30-4:45	Lecture Q & A / Exposés- questions et réponses	Panel Q & A / Panel- questions et réponses
5:00-7:00 PM	Meet and Greet / 5 à 7 Sponsored by L'École supérieure de ballet du Québec	

Sunday, November 9 / Dimanche, 9 novembre

Time (EST) / horaire (HE)	Session A (Studio Kudelka)	Session B (Studio Chiriaeff)
8:00-9:00 AM	Registration and breakfast / Inscriptions et petit déjeuner	
9:00-9:45 AM	Barbara Kanerattoni Diabo Keynote Speaker Voyage à travers la culture et le bien-être (Studio Chiriaeff)	
9:45-10:00 AM	Keynote Q & A	
10:00-10:45 AM	Maria Tanielian— <i>The Future of Dance Is Well-Nourished: Nutrition, Identity, and Inclusion</i>	Jenna Evans— <i>Power of the Plie</i>
10:45-11:00 AM	Workshop- Q & A / Atelier- questions et réponses	Workshop- Q & A / Atelier- questions et réponses
11:00-11:30 AM	Break & snacks/ Pause et collations	
11:30-11:45 AM	Monika Saigal— <i>From Problematic to Protective: Shifting messages and practices to support optimal fueling in dancers</i>	Jamie Hawke— <i>Consent between dancers: Lessons learned from a post-secondary dance class</i>
11:45-12:00 PM	Maria Tanielian— <i>Nutrition Considerations for Professional and Vocational Ballet Dancers</i>	
12:00-12:15 PM	Alizée Brien, Deziray De Sousa, Amélie Soulard, Sophie Wensel, Gretchen Kerr, Sylvie Parent— <i>Interpersonal violence in educational facilities for the performing arts: A scoping review</i>	

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12:15-12:30 PM	Lecture Q & A / Exposés- questions et réponses	Workshop- Q & A / Atelier- questions et réponses
12:30-12:45 PM		Seeds of Emotion (Presented by Erik Alvaro)
12:45-1:00 PM		Rang: The Colour of Community (Presented by Veils of Bollywood)
1:00-2:00 PM	Healthy Dancer Canada AGM / AGA (Light Lunch/ Diner léger)	
2:00-2:45 PM	Liliana S. Araujo, Karine Rathle, Naoko Sakata— <i>Interrogating the role of networks towards collective change in dance and beyond: Who's interests are we serving?</i>	Emilie Durville— <i>Corps en dialogue : explorer les dynamiques relationnelles en danse</i>
2:45-3:00 PM	Panel Q & A / Panel- questions et réponses	Workshop- Q & A / Atelier- questions et réponses
3:00-3:15 PM	Dear Papa Process (Presented by Isabel Cruz)	
3:15-3:30 PM		Nauffrage (Presented by Emerge Dance Project)
3:30-3:45 PM	Closing Remarks / Remarques de fermeture	