



**HARKNESS
CENTER**
for Dance Injuries

presents:

Dance Medicine for Dance Educators Workshop

January 21—22, 2012

Sponsored by:



Hosted by:



The Harkness Center for Dance Injuries of the NYU Hospital for Joint Diseases, sponsored by the Fairfax County Dance Coalition, and hosted by George Mason University's School of Dance, will present "Dance Medicine for Dance Educators." This 2 day workshop will address the most up-to-date information from medical journals about the physical and psychological health and well-being of dance students. The purpose is to enable dance educators to incorporate realistic dance science content into their curricula. Participants will learn about the science of prevention and the best practice techniques for returning injured dancers to work.

Topics will include:

- Studio Survival Tips: Practical Strategies For Safety and Injury Prevention, Management Of Dance Injuries
- Debunking Common Myths: Bringing Useful and Relevant Science into the Studio
- Biopsychosocial Considerations of Dance Injury.
- Teaching Methods That Promote and Protect Career Longevity
- Health Precautions and Related Training Modifications for The Adolescent Dancer
- Functional Tests to Assess Pointe Readiness
- Dance Educator Lab Classes and Movement Sessions (Ballet, Jazz and Modern)
- Tips for Keeping You, the Teacher, Healthy

The mission of the Harkness Center for Dance Injuries (HCDI) is to enhance the health, well-being, and quality of life of dancers and dance companies by providing state-of-the-art, affordable medical care. HCDI offers a full variety of health care programs specifically designed for dancers, including orthopedic medical care and consultations, orthopedic surgery services, physical therapy and athletic training services, free preventative screenings, injury prevention lectures and workshops, therapeutic yoga and Pilates, fitness and private coaching, biomechanical research and analysis, and ranked stage evaluations. For more information, visit www.danceinjury.org.

The Fairfax County Dance Coalition and the George Mason University School of Dance are pleased to coordinate this program for the dance educator community. We look forward to meeting you – dance teachers and faculty, choreographers, artistic directors, studio directors, health professionals and trainers who work with dancers.

Saturday, January 21, 2012 (8:00 am to 5:00 pm)

Sunday, January 22, 2012 (9:00 am to 2:15 pm)

Snow Dates: February 11 & 12, 2012

Location: George Mason University School of Dance - Performing Arts Building

Attendance is limited — register early!

Tuition includes all sessions, handouts, morning coffee/tea, Saturday lunch, and Sunday snack.

Participant Category/Options	Fees:	
FCDC Members & GMU Faculty	\$225	* Non FCDC members who meet the membership criteria (see www.fcdc.us) will receive a complimentary one-year membership at no extra charge with any non-member workshop fee.
Non FCDC Members*	\$275	

Registration: Complete the online registration form and pay by credit card at: www.fcdc.us/harkness
OR mail the registration form and a check payable to "FCDC" to FCDC, 12002 Goodwood Drive, Fairfax VA 22030

Questions: Email: info@fcdc.us | Contact us: www.fcdc.us/contact