

Saturday, June 14, 2025

Maximizing Performance Throughout the Menstrual Cycle

Company: ZOOM through Harkness Center for Dance Injuries

Venue: ZOOM

Location: New York, NY

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The menstrual cycle is considered an essential measure of health and has a significant impact on a dancer's wellbeing and performance. In this Saturday Series, participants will learn about the four phases of the menstrual cycle and the associated physiological changes that occur. Participants will also be presented with strategies to optimize sleep, nutrition, training and stress management within each phase.

ZOOM through Harkness Center for Dance Injuries
614 2nd Ave. 2G
New York, NY, 10016
2125986054
<https://www.eventbrite.com/e/harkness-sat-series-maximizing-performance-throughout-the-menstrual-cycle-tickets-1349866891209?aff=oddtcreator>

Schedule
June 14, 2025: 1:30pm

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