

Saturday, February 21, 2026

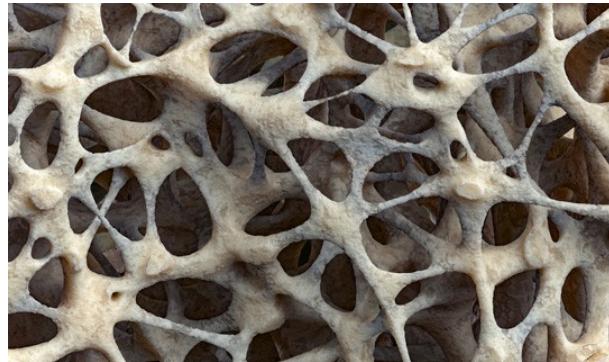
## The Dancer's Skeleton: Building Strength from the Inside Out

Company: Harkness Center for Dance Injuries

Venue: ZOOM through Harkness Center - NO IN PERSON OPTION

Location: New York, NY

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This VIRTUAL workshop translates current bone science into practical strategies tailored for dancers to support performance longevity and reduce bone injury risk. Learn how alignment, smart loading, and dancer-specific fueling build resilient skeletal structure. Participants will gain actionable guidance on training progression, recovery, and studio environment considerations.

Harkness Center for Dance Injuries  
614 2nd Ave 2G  
New York, NY, 10016  
2125986054

<https://www.eventbrite.com/e/saturday-series-dancers-skeleton-building-strength-from-the-inside-out-tickets-1980414921341?aff=oddtdtcreator>

Schedule  
February 21, 2026: 11:00am

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