

Sunday, April 12, 2015

## Injury Prevention Workshop

Company: The School at Steps  
Venue: The School at Steps  
Location: New York, NY

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The School at Steps is hosting an Injury Prevention Workshop on April 12 at 6:30 pm in Loft III. Join our panel of experts as we cover strength training, injury prevention, and recovery. Our panel includes:

- Rachel Fine, Nutritionist
- Leigh Heflin, Harkness Center for Dance Injuries
- Lucy Panush, School at Steps Pre-Professional dancer
- Robin Powell, Pilates Instructor
- Dr. Andrew Price, Assoc. Professor of Orthopedic Surgery
- Ashley Tuttle, former ABT Principal & Tony Award Nominee for Broadway's Movin' Out

Purchase tickets for \$10 at <http://stepsnyc.com/the-school-at-steps/events-performances/complete-dancer-series/>

This event is sponsored by Dance Spirit Magazine.

The School at Steps  
2121 Broadway @ 74 Street 4th Floor  
New York, NY, 10023  
(212) 874-3678  
<http://stepsnyc.com/the-school-at-steps/events-performances/complete-dancer-series/>

Schedule  
April 12, 2015: 6:30pm

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