

DANCE WELLNESS WORKSHOP

Wednesday, September 15, 2010

Dance Wellness Workshop

► [Share](#) | [Print](#) | [Download](#)

SAVE THE DATE

Saturday, October 16, 2010

DANCE WELLNESS WORKSHOP

Wellness at Every Age

Gain personal insight from NYCB dancers and the NYCB Wellness Team as we explore healthy practices and training strategies that can be integrated into your lifestyle for wellness in your 20's, 30's, 40's, and beyond.

Speakers for this year's workshop include:

Rebecca Blanchard Physical Therapist, NYCB
 Andrea Chernus Registered Dietitian, Certified Dietitian/Nutritionist, Exercise Physiologist
 Dr. Linda Hamilton Wellness Consultant, NYCB
 Dr. William Hamilton Orthopedic Consultant, NYCB
 Michelle Rodriguez Physical Therapist, NYCB
 NYCB Dancers

Speakers subject to change

For more information call 212-870-5636, email wellness@nycballet.com or visit www.nycballet.com/bodiesinbalance.usa

EVENT: DANCE WELLNESS WORKSHOP

Wellness at Every Age

WHEN: Saturday, October 16, 2010 10:00AM – 6:00PM

WHERE: NYCB Rehearsal Studios at Lincoln Center Plaza

Brochure coming soon!

[< back](#)

[previous listing](#) • [next listing](#)