



## Day of Dancer Health 2019 Workshops

April 22, 2019

11:00-11:45am

**Creating *and* Sustaining the Vitality You Seek:  
The Science Behind Data-Driven Natural Medicine**  
With Dr. Jessica Hehmeyer, DC, MS, LDN, CNS  
Board Certified Chiropractic Physician  
Clinical Nutrition and Functional Medicine Specialist

In this presentation, Dr. Jessica Hehmeyer will lead you in an inquiry to define your vision of vitality—what it looks like, what it feels like, and what numbers validate it. With this destination in mind, you will be introduced to the roadmap for achieving and sustaining your vision of vitality: Inspiration, Information and Strategy.

You will leave empowered with meaningful information on foundational dietary habits, supplementation and lifestyle medicine and with an understanding of important standard and specialty lab tests that serve as metrics to assess your progress. Geared with real-life strategies to forward your success, you will be ready to take action to bring your vision of vitality to life.

1:00 – 1:45pm

**Mental Health and Wellness: Resources and Tips for Dancers**  
With Steven M. Haught, LCPC, CEAP  
The Actors Fund  
Director of Social Services, Central Region

The Actors Fund fosters stability and resiliency, and provides a safety net for performing arts and entertainment professionals over their lifespan.

[www.actorsfund.org](http://www.actorsfund.org)

2:00 – 2:45pm

**Feldenkrais Awareness Through Movement**  
Emily Stein, GCFP  
Feldenkrais and Dance Teacher

Feldenkrais Awareness Through Movement® lesson tailored especially for the professional dancer. This class gives you time to focus inside your self, on what you can learn from listening deeply to your body, rather than from directing it. I will guide the class in sequences of movement designed to uncover something about the way you *usually* move, to notice the ways habits interfere with how you want to move, and to recognize possibilities for you to do it differently. This mindful somatic practice can ease pain, help recovery after injury, improve function in technique, and uncover ways to make dancing feel great again!

<https://emilysteinfeldenkrais.com/>

<https://emilysteindance.com/>