



Premier School of Dance
12351 Grant St. Unit 360
Thornton, CO 80241

Injury Prevention Workshop

Saturday, May 18th from 1:00pm - 3:00pm

As athletes, dancers need to be well equipped with knowledge and practical skills to safeguard and enhance their overall dance performance. Research has shown that if dancers understand and apply proper conditioning, warm-up, cool down, and safe stretching techniques in their practice they will be less likely to sustain an injury.

In this workshop, dancers will learn about injury risk factors in addition to prevention and injury management skills so they can better reduce the likelihood of an injury and how to properly manage

Available to Levels IVA, V, VI

\$15.00 per student

Sign up at the front desk!



Sutton Anker has a strong passion for teaching: technique, dance science and wellness, and creative movement classes for all ages and abilities. She was an intern with SiDI throughout her Masters program and in 2016 completed the Healthy Dance Practice Certificate. Sutton is now a SiDI Registered Provider, teaching safe dance practice to dancers, teachers, and parents throughout the U.S.



**Safety
First**