

# Dancer Day of Health



**Entertainment  
Community Fund**  
Formerly The Actors Fund



Join the Entertainment Community Fund's Dancers' Resource program for a day dedicated to the health and wellness of dancers and participate in a variety of wellness offerings, including:

- One-on-one 15-minute foot and ankle wellness consultations with Dr. Louis Galli, DPM, from The Friedman Health Center for the Performing Arts
- One-on-One consultations with Dietitian Rebecca Alcosser, RD, CDN, specializing in nutrition for dancers.
- Cross-Training for Dancers led by Ella Otto, from Harkness Center for Dance Injuries
- Mindfulness Meditation co-led by Ross Rayburn and NYC Ballet Principal Dancer Sara Mearns
- Karine Plantadit's unique movement class influenced by Zulu dance and guided by Afro-House music
- Free flu vaccines available

Breakfast and lunch will be provided!

**Monday, November 11**

10:30 am–4:30 pm ET

**New York City Center,  
Studio 5**

130 West 56th Street  
New York, NY 10019

**Register at**

[portal.entertainmentcommunity.org](http://portal.entertainmentcommunity.org)

*The Dancer Day of Health is presented thanks in part to generous support from Dancers Responding to AIDS, a program of Broadway Cares/Equity Fights AIDS.*