

Wednesday, May 1, 2024

## Harkness Center Coffee Chat: Effective Cross Training

Company: Harkness Center for Dance Injuries

Venue: ZOOM through Harkness Center for Dance Injuries

Location: New York, NY

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Harkness Center Coffee Chats are informal, guided discussions about topics related to dancer wellness and injury prevention. Our discussion this spring will be Effective Cross Training.

Harkness Center for Dance Injuries athletic trainer, Ella Otto, MS, ATC will present cross training and fitness guidelines and define periodization. Together participants will workshop ways they can apply the material to create an individualized, effective fitness routine to optimize their dance training and performance.

We encourage dance educators of all dance genres, levels, and settings to attend. Bring your questions!

Harkness Center for Dance Injuries

614 2nd Ave 2G

New York, NY, 10016

2125986054

[https://www.eventbrite.com/e/harkness-center-coffee-chat-effective-cross-training-tickets-881332919487?aff=odeimcmalchimp&mc\\_cid=f163d81955&mc\\_eid=401e820df9](https://www.eventbrite.com/e/harkness-center-coffee-chat-effective-cross-training-tickets-881332919487?aff=odeimcmalchimp&mc_cid=f163d81955&mc_eid=401e820df9)

Schedule

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