



Wellness Day for the Performing Artist

October 18, 2026

Time: Appointments available
9am - 3pm

Location: **HSS Florida**
300 Palm Beach Lakes Blvd,
West Palm Beach, FL 33401

Register: **Scan the QR code**
or call 561.657.4757



Move Better, Feel Better! Learn how to optimize your movement as a dancer for best performance.

Join clinicians from the HSS Performing Arts Medicine Collaborative for a free wellness day including dance specific health screenings, educational lectures, networking, and community building with performing arts medicine experts.

Participation is free. Registration is required for the wellness screening. All levels are welcome. Ages 18+ or must have a parent/guardian present.

Dance evaluations include:

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|--------------------------|------------|-------------------|------------------------------------|
| ■ Cardiovascular Fitness | ■ Balance | ■ Flexibility | ■ Dance Specific Movement Patterns |
| ■ Neuromuscular control | ■ Strength | ■ Range of Motion | |

Our performing arts specialists will help guide you towards optimal success and point out any opportunities for improvement towards better health.

Your screening will take about 60-minutes and you're invited to watch our educational lectures regardless if you have an appointment slot.

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