

GREAT DANCER RESOURCES

(you can find these links on our website – wellness page)

www.orourkeirishdancefoundation.org

Healthy dancer tips of the month: <http://stepsnyc.com/the-school-at-steps/health-wellness/healthy-dancer-tips-of-the-month/>

Reading: Amazon.com, The Healthy Dancer – ABT Guidelines for Dancer Health

Pinterest: <https://www.pinterest.com/dancepins/healthy-dancer/>

Facebook: <https://www.facebook.com/thehealthydancer>

Twitter: <https://twitter.com/dancerdietitian>

Dr Jordan Metzel, <http://drjordanmetzl.com/>

Ilyse Sshapiro, <http://www.ilyeschapironutrition.com/>

Physical Therapy, <https://www.facebook.com/CTDancePT>

