



Wellness Day for the Performing Artist

October 5th, 2025

Time: Appointments available
10am - 3pm

Location: **HSS Midtown**
770 Lexington Ave,
New York, NY 10065

HSS Florida
300 Palm Beach Lakes Blvd,
West Palm Beach, FL 33401

Register: **Scan the QR code**
or call:
New York: 646.714.6189
Florida: 561.657.4757



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

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

Participation is free. Registration is required for the wellness screening. Appointments are available in both NYC & Florida. All levels are welcome. Ages 18+ or must have a parent/guardian present.

Dance evaluations include:

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

Musician evaluations include:

- Musculoskeletal
- Neural Tension
- Playing Position Analysis
- Instrument Set-Up Analysis

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.

For more information, Scan the QR code
or call NY: 646.714.6189 & FL: 561-657-4757

