



Wake Forest University
School of Medicine

NORTHWEST AHEC
PART OF NC AHEC

Winston-Salem Dance Medicine Conference 2026 (WiSDM 2026)

Event Start/Stop Date and Time

September 18, 2026 8:00 AM - 5:00 PM EDT

Check-in Date and Time

September 18, 2026 8:00 AM EDT

Location

Bowman Gray Center for Medical Education

475 Vine Street

Winston Salem, NC, 27101

Target Audience

Physicians (including residents/fellows), physician assistants, nurse practitioners, physical therapists, athletic trainers, dietitians, counselors, psychotherapists, psychologists, dance/technique faculty, dance students and community members interested/invested in the performing arts.

Event Description

The Winston-Salem Dance Medicine Conference (WiSDM) is a multi-disciplinary educational opportunity for physicians, allied health professionals, mental health professionals, dancers, dance instructors, and students to review (or learn anew) the fundamentals of dance medicine, including unique biomechanics, genre-specific considerations, and social/psychological demands that may influence performance and injury risk. The

conference provides both instructional and networking opportunities in order to create an environment conducive to adult learning.

Objectives

1. Incorporate considerations of the terminology biomechanics of cirque-style, Irish, and ballet dance into their dance-specific history and physical examination,
 2. Apply current best evidence for dancer nutrition/bony stress injury/RED-D to their practice and develop a multi-disciplinary communication style to enhance performance and improve injury recovery and prevention.
 3. Incorporate techniques of psychological coaching to enhance performance and injury recovery.
 4. Apply research in use-oriented surveillance technology for incorporation into treatment and prevention strategies.
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Session Credits

Credit will be awarded based on participant selection at time of registration. Before selecting credits, participants are encouraged to review our [Credit Glossary \(opens in new tab\)](#) for general information. Please note that not all credit types are available for every program.

Presenter(s)

- Crystal Blair, MS, NCC, LCAS, LCMHC
- Mia de Jong
- Kathy de Jong
- Sarah Kate Fischer, DPT
- Alex Gonzaga, NASM-CPT
- Elinor Harrison, PhD
- Courtney Hinton, DO MBA
- Alexandria Howard, DPT
- Alexandria Howard, DPT
- Melody Hrubes, MD, FACSM
- Susan Jaffe
- Stefan Kluzek
- Angela Koonin, PT, LAT, ATC
- David Popoli, MD
- Monika Saigal, MS, RD, CEDS-C, CDN
- Emily Scherb, DPT
- Bria Stark, OTD, PCES, CSOT
- Allston Stubbs, MD

- Matt Wittstein

Session Details

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Available Credits:

- 7.25 *AMA PRA Category 1 Credit*™ Hours

Wake Forest University School of Medicine designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Wake Forest University School of Medicine designates this in-person for a maximum of 7.25 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- 7.25 Contact (category A) CE for NC Psychologists Hours

Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 7.25 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

- 7.25 Contact Hours from Northwest AHEC

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- 7.25 NBCC Hours

7.25 NBCC Contact Hours. Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465. Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.



- 7.25 BOC CEUs for Athletic Trainers Hours

NC Area Health Education Center (BOC AP#: P3459) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 7.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



- 6.5 NCBPTE Contact Hours

This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c)(8) for 6.5 contact hours.

Session Fees:

- \$50.00 - Student
- \$250.00 - Faculty level or equivalent including MD, DO, DPT, PhD, DC
- \$75.00 - Community members
- \$125.00 - UNCSA Dance Instructor
- \$150.00 - Affiliated health professional (including PA, NP, PT, OT, PTA, ATC, PA-C, RD, NCC, LPC, LMHC, LCPC), dance instructor, or MD/DO resident/fellow

Contact Person

Gail Pawlik

Email: gail.pawlik@advocatehealth.org

Program Information and Policies

For complete program policies and registration information, please visit our [CPD Program page \(opens in new tab\)](#).

More Information

Scan this QR code or click the link below to view full event details and register:



View Event Details & Register

<https://nwahec.org/78201>