



*The Cleveland Clinic in conjunction with  
the Performing Arts Medicine Association presents*

# Creating and Maintaining Wellness for Performing Artists



## Save the Date November 20-21, 2015

Cleveland Clinic  
Lerner College of Medicine  
9980 Carnegie Avenue  
Cleveland, Ohio





*Keynote Speaker*

# Dr. Michael Roizen

“The Wellness Imperative”

Chief Wellness Officer, Cleveland Clinic Wellness Institute

## Invited Faculty

**Michael Benninger, MD**

Professor of Surgery,  
Lerner College of Medicine  
Institute Chair, Head and Neck Institute  
Cleveland Clinic

**Paul Bryson, MD**

Otolaryngology  
Cleveland Clinic

**Marshall Chasin, AuD**

Doctor of Audiology,  
Musicians Clinics of Canada  
Recipient of 2012 Queen Elizabeth II Diamond  
Jubilee Medal

**John Chong, MD, FRCPC**

Medical Director of Musicians Clinics of Canada  
Faculty Glenn Gould School of Royal  
Conservatory of Music  
Immediate Past President PAMA

**William Dawson, MD**

Emeritus Associate Professor of Orthopaedic Surgery,  
Feinberg School of Medicine, Northwestern University

**Kim Gladden, MD**

Physiatrist  
Department of Orthopedic Surgery  
Cleveland Clinic

**Lucinda Halstead, MD**

Associate Professor  
Medical Director, Evelyn Trammell Institute for Voice and  
Swallowing, Department of Otolaryngology-Head and  
Neck Surgery, Medical University of South Carolina

**Wendy D. LeBorgne, PhD, CCC-SLP**

Voice Pathologist & Singing Voice Specialist  
Adjunct Assistant Professor, Musical Theater-CCM  
The Blaine Block Institute for Voice Analysis and  
Rehabilitation  
Professional Voice Center of Greater Cincinnati  
University of Cincinnati; CCM/TAPAA, Musical Theater

## Learning Objectives

- Be able to apply emerging research and treatment options emphasizing concepts of neuroplasticity for hearing health, neuro-musculoskeletal/vocal health and psychological health and identifying specific treatment implications for the performing arts clinician.
- Be able to incorporate education and information about the potential health risks of human performance in the care of both student and professional performing artists.

**Nancy Kadel, MD**

Co-Chair Dance/USA Task Force on Dancer Health  
Medical Director, Seattle Dance Medicine Free Clinic  
PAMA President

**Richard J Lederman MD, PhD**

Neurology, Medical Center for Performing Artists  
Professor of Medicine at the Lerner College of Medicine  
Cleveland Clinic

**Jennie Morton, BSc (Hons) Osteopathy**

Adjunct Professor, Chapman University  
UCL Honorary Lecturer, MSc PAM

**Jeffrey A. Russell, PhD, CES, AT**

Assistant Professor, Athletic Training  
Director, Science and Health in  
Artistic Performance (SHAPE)  
Ohio University  
School of Applied Health Sciences and Wellness

**Peter Visentin, MM**

Professor, University of Lethbridge

Guest Artist  
**Jim Brickman**

Award winning songwriter and pianist  
of pop and adult contemporary music



## Who Should Attend?

All professionals who provide or are interested in care and training for performing artists will gain new insights, knowledge and skills to improve their practice. Performers and students will learn how performance skills can be improved.

## Registration and Fees

- \$90 (USD) Professionals, Performers, Educators
- \$10 (USD) Students with Valid ID

To register, or to learn more visit: [artsmed.org/cleveland](http://artsmed.org/cleveland)  
Payment by credit card is accepted at time of registration.

## Lodging

On Cleveland Clinic's Main Campus  
**The InterContinental Hotel & Conference Center Cleveland**  
*This is directly across the street from Lerner College  
where the conference will take place.*

Connected to Cleveland Clinic's campus  
via walkway, the Intercontinental Hotel and  
Conference Center offers luxurious non-  
smoking guest rooms and suites.

**9801 Carnegie Ave., Cleveland, OH 44106**  
**Phone: 216.707.4100**  
**Reservations Only: 877.707.8999**



**Tudor Arms Hotel**  
**10660 Carnegie Ave.**  
**Cleveland, OH 44106**  
**Phone: 216.455.1260**  
**Within Walking Distance**

**Fri., Nov. 20**

**11:30 a.m.**

Registration

**12:30-6 p.m.**

Conference

*Reception following*

**Sat., Nov. 21**

**7:30 a.m.**

Registration/breakfast

**8 a.m.**

Come As You Are Yoga  
(optional)

**8:30 a.m.-5:30 p.m.**

Sessions

## Location

Cleveland Clinic Lerner  
College of Medicine  
9980 Carnegie Avenue  
Cleveland, Ohio





## Mission

The Cleveland Clinic in collaboration with the Performing Arts Medicine Association strives to

- Bridge the gap between medical professionals, research, and performing arts educators
- Bring the science and current research regarding healthy training practices into the classroom at a practical level
- Expand community discussion regarding safe practices, training techniques and treatment protocols
- Educate young artists and educators on prevention of injury through understanding proper use of the body
- Create a network of professionals trained and ready to handle the unique needs of performing artists

## *Program Chair*

**Kathleen M. Riley, Ph.D.**

Director of Biofeedback  
The Cleveland Clinic Tanya I.  
Edwards, MD, Center for Integrative  
and Lifestyle Medicine  
Faculty, Cleveland Institute of Music

[artsmed.org](http://artsmed.org)

For questions contact  
Kathleen Riley, Ph.D.  
[RileyK2@ccf.org](mailto:RileyK2@ccf.org)

