

Dear UCI Dance Undergraduates and Graduates,



I trust this message finds you in good health. I am eagerly anticipating our continued interactions.

Our next Walk/Talk will take place on December 11, 2023, at 3:00 pm, please note the date has changed. Please help spread the word. The intention behind these walks is to create a safe and inviting space for us to engage in conversations while relishing the outdoors. We will convene in

front of the Contemporary Art Center, and it promises to be a fantastic opportunity for us to connect.

Here are some important dates and information to keep on your radar:

1. Physical Therapist - Dr. June Santiano:
  - Started November 13, 2023.
  - Availability: Monday and Tuesday from 2:00 pm to 6:00 pm.
  - Sign up here and make sure to fill out the intake form prior to your appointment. <https://calendly.com/danceptuci/30min>
  - Please make sure to cancel your appointment if you can not attend at least 12 hours in advance to create space for someone else.
2. Schedule updates:
  - Studios will be closed on the following dates:
    - i. November 23-24, 2023
    - ii. December 23-January 2024
3. [Dance Description of Understudy Policy](#)- Also attached as a PDF.
4. Gentle Reminder on Prioritizing Self-Care Amidst Hectic Schedules
  - As we navigate through this exceptionally busy period, let's pause for a moment to emphasize the importance of self-care. Ensure that both your mind and body receive the attention they deserve. Incorporate ample protein into your diet, include thorough warm-up and cool-down routines, and dedicate a few minutes each day to prevent injuries through targeted exercises and cross-training. Your well-being is paramount, so let's make conscious efforts to safeguard it amidst our demanding schedules.
5. Come and support the Dance Department: <https://www.arts.uci.edu/event/new-slate-2023>
6. Exciting Dance Opportunities:
  - Resource List - Explore it [here](#).

7. Professor Diefenderfer and I are always available to meet to discuss anyone's questions. Please reach out to us: [dldiefen@uci.edu](mailto:dldiefen@uci.edu) or [ksharp@uci.edu](mailto:ksharp@uci.edu).
8. Please also don't forget CSAC is a great dance major resource. [csacdance.uci@gmail.com](mailto:csacdance.uci@gmail.com)

In closing, I want to remind you to take a moment for yourselves, especially during these challenging times. It's perfectly acceptable to say "NO" when needed. Please do not hesitate to reach out if you have any questions or wish to schedule a meeting. Please take a "moment" for you! Sending energy for 10<sup>th</sup> week and finals.

Warm regards,

Dr. Sharp