

Dear UCI Dance Undergraduates and Graduates,



I trust this message finds you in good health taking sometime for yourselves during this very hectic Spring Quarter.

Here are the dates for our walk and talk gatherings. 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.

- April 25, 2024 at 3:30-4:30 pm.
- May 15, 2024, at 3:30-4:30 pm
- June 5, 2024 at 3:30-4:30 pm

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

**1. Physical Therapist - Dr. June Santiano:**

- 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. **Exciting Dance Opportunities:**
    - **Works in Progress Resource List** - Explore it [here](#).
    - **Dance Major Journal Press Release**-Please Read it [here](#).
    - **MFA Thesis Survey by Ari Pulido**- Please take a moment to take this survey on [menstruation as a dancer](#).
  3. **Dance Productions Ahead**
    - **Dance Escape:** For more information please explore [here](#).
    - **Physical Graffiti:** For more information please explore [here](#).
  4. 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).
  5. Please also don't forget CSAC is a great dance major resource. [csacdance.uci@gmail.com](mailto:csacdance.uci@gmail.com).
  6. Prioritize Self-Care- Focus on care and repair during this hectic period.
    - Your well-being is paramount. Don't forget to sleep, eat, and be mindful of your time.

In closing, I want to remind each of 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. Let's make this quarter a truly memorable one!

Warm regards,

Dr. Sharp