

Dance Nutrition Workshop

Host

Topics include:

- Balanced fueling
- Macros
- Healthy relationships with food
- Hydration + electrolytes
- Red flags for under-fueling
- Practical snack ideas
- Performance-day strategies



Cora Milner

Cora Milner is a NASM Certified Nutrition Coach and Personal Trainer with 15 years of ballet experience. She now specializes in helping dancers fuel their bodies for performance, recovery, energy, and long-term health. Her mission is to prevent under-fueling and eating disorders in dancers through education, empowerment, and realistic nutrition tools.

Parent Workshop Add-On

- 45 minutes to an hour
- Understanding your dancer's energy needs
- Signs of under-fueling
- Learn what to pack, buy, and prioritize
- Help reduce food pressure at home

One-on-one nutrition sessions also available upon request



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