

Dawn Smith-Theodore, author of "Tutu Thin," will be at Got Dance? for a Question & Answer as well as a book signing.



Dawn Smith
Theodore



Dawn will speak on the following:

- * Helping dancers handle rejection
- * Self esteem for the dancer
- * How to balance dance and life
- * The perfectionistic mind
- * Stress reduction
- * Eating disorder awareness and prevention

Dawn Smith-Theodore, MA, MFT, CEDS

Dawn is a former professional dancer, studio owner for 25 years in Los Angeles, and psychotherapist for the past 18 years specializing in the treatment of eating disorders. She most recently authored a book about dancers and eating disorders, "TuTu Thin," featured in Dance, Pointe and Dance Teacher Magazines.



Order your copy today!

www.tututhin.com

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September 30, 2017
2:00-5:00 pm
Book Signing, Q&A