

WELLNESS SEMINAR

An LBT Sponsored Event



A series of free educational and developmental talks and workshops devoted to the act of practicing healthy habits to attain better physical and mental health.

Lisa Pieper

Saturday October 8, 2022 10:00 AM

Ballet Conservatory

1400 Justin Road Lewisville 75077

Lisa is originally from Kansas City, and graduated from Benedictine College with a degree in journalism. She is a former LBT mom and supported her daughter on her journey to becoming a professional dancer. She has experienced the world of ballet summer programs, year-round programs and the professional world of dance, as well as the challenges and struggles it can bring, and how important it is to educate young dancers at this very influential stage of their lives. Her own daughter's struggles caused Lisa to educate herself as much as she could, and she became certified in The Every Body Is Beautiful Project through Ophelia's Place (eating disorder treatment centers based in New York and Arizona). The certification encompasses eating disorder prevention, intervention, healing, and spreading awareness around body respect.



This Wellness Seminar is open to anyone in middle school and older, parents, families and friends. Any unaccompanied child under 18 must bring a provided permission slip from their parents, however parents are encouraged to attend. Permission slips are available at Ballet Conservatory and at lakecitiesballet.org
