



**Looking for resources that meet the unique wellness, healthcare and performance needs of performing artists?**



Visit the Athletes & the Arts website to find out more

[www.athletesandthearts.com](http://www.athletesandthearts.com)





# What do performing artists and athletes have in common?

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# THE FIRST ACT

FOR ALL OUR PERFORMING ARTISTS

## TAKE CARE OF YOUR OWN HEALTH

Performing artists bring so much to our lives. Inspiration and aspiration. Joy and drama. Dreams and escapes.

But the first act of the performing artists should be to take care of their health. Neurological disorders, musculoskeletal conditions, voice and hearing disorders, anxieties, stress, substance abuse, and other health issues are frequently related to actors, dancers, singers, musicians, and other performers.



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