



PERFORMING ARTISTS,
EDUCATORS, AND BEYOND!

GET PERFORMANCE READY

Inspiring the Arts to Support Longevity for
Life and Career!



PRESENTED BY:
DR. ANGELICA MCCARTHY


Doctor of Athletic Training | Performing Arts Medicine
McCarthy Athletic Training & Wellness



ARE YOU PERFORMANCE READY?

ARE YOU MINDFUL OF THE MENTAL, PHYSICAL, AND SPIRITUAL DEMANDS OF YOUR PERFORMANCE?

This educational workshop will provide awareness and tools towards understanding and applying health, wellness, and injury prevention fundamentals into your daily routine to support longevity of life and artistry. The aim is to inspire healthy lifestyle habits that can make a positive difference in your overall health, well-being, and performance readiness. **Get Performance Ready** with Dr. McCarthy!



CONTACT TODAY!

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About Dr. McCarthy:

Dr. McCarthy has a decade of performing arts medicine experience, providing client-centered care for Katy Perry's Witness: The Tour, Jesus Christ Superstar Live!, Frozen the Musical, and many more productions. Dr. McCarthy's philosophy is to treat the whole person - mind, body, & soul - for treating the whole person can allow for intuitive care, getting to the root of the problem, not just the symptoms.

