

# Health & Wellness Happenings at PASIC50

By Dr. Laurel Black

**T**he PAS Health & Wellness committee will contribute to and complement the exciting offerings at PASIC50.

## MID-DAY MOVEMENT

### Angela Kepley

Let's come together for Mid-Day Movement! After hours of sitting for fantastic PASIC sessions, come enjoy some movement flow and dynamic stretches. Wake up your body and mind so you can enjoy even more of PASIC for the remainder of the day! Prioritize your Health and Wellness, and let's move!

**PN:** What should participants expect, and how can they best prepare for the session?

**Angela Kepley:** Ideally, participants will have comfortable clothing that allows them to move freely. However, people may modify movements or select the elements in which to participate. Please bring water. We'll try not to get sweaty so you can still feel fresh for the rest of the day, but movement does build some heat, so let's stay hydrated!

**PN:** What would you hope participants take away from your session?

**Kepley:** I hope participants leave the

session refreshed so they can enjoy the rest of PASIC with energy and focus. Participants can also take away some movements, stretches, or exercises to incorporate into their daily routine. Our bodies require continual awareness and regular attention so we can

perform at our best, so please take, use, share, teach, or repeat any movement patterns or combinations from our session.

**PN:** Is this your first presentation at PASIC?

**Kepley:** I have not presented at PASIC before. However, my very first PASIC was a performance with the Millikin University Percussion Ensemble in 2003. Since then, I have attended all but one PASIC. I am thrilled to share my experience and energy with all of you this year at PASIC 50! Let's move!



Angela Kepley

**Angela Kepley** has built and maintained a full private teaching studio in the Chicagoland area for 20 years, including an ensemble program currently in its 17th year. Angela also works as the percussion specialist and drumline instructor at Lyons Township High School and is the Percussion Ensemble director at Gurrie Middle School; previously, she taught classes at Moraine Valley Community College. She is an Educational Artist through Marimba One and is a published composer through C. Alan Publications of solo and ensemble pieces. Angela previously served as President and Vice-President of the Illinois PAS Chapter. Learn more about Angela at [angelakepley.com](http://angelakepley.com).

## INJURY PREVENTION IN DRUMSET EDUCATION

### Dr. Nadia Azar

From Nadia: Playing-related musculoskeletal disorders (PRMDs) are very common in drummers. Educators are ideally positioned to influence their students' knowledge, attitudes, and behaviors towards preventing and managing PRMDs. However, recent research has identified barriers that may hinder educators' ability to adequately address these issues with their students.

This clinic was designed to begin to address these barriers. Attendees will receive a brief overview of the latest research on PRMDs in drummers, the general risk factors for developing PRMDs and how they apply to playing the drumset, and strategies for identifying and managing these risk factors. Approaches for addressing these topics with drumset students will be introduced, and attendees will engage in discussions on these subjects during the clinic. The goal of the clinic is to inform and empower drumset

educators to develop or enhance this area of their curriculum and to continue these discussions within their own peer networks.

**Dr. Nadia Azar** is an Associate Professor of Biomechanics and Ergonomics at the University of Windsor. As the founder and director of the Drummer Mechanics & Ergonomics Research (DRUMMER) Lab, her overall research goal is to help drummers to achieve their peak performance while reducing their risk of injuries. She has presented at premier conferences (e.g., PASIC, Performing Arts Medicine Association Annual Symposium) and published in top peer-reviewed journals in the field (e.g., *Medical Problems of Performing Artists*, *Frontiers in Psychology – Performance Science*); and has successfully translated this work to members of the music community at large (e.g., CBC Radio, Drum Talk TV, the Drumeo Beat, and interviews on multiple podcasts). Dr. Azar has received research funding from the Grammy Museum and the Social Sciences and Humanities Research Council of Canada (SSHRC). Follow her work on social media @DrNadiaAzar ([Instagram](#), [Facebook](#), and [X](#)).

## HEALTH & WELLNESS POP-UP SPACES

This year, in place of early morning runs, be on the lookout for quiet spaces in the convention center devoted to resting brains, ears, and bodies. These can be used for meditation, stretching, yoga, or just sitting quietly. If your nervous system fatigues from the excitement and stimulation from everything happening at PASIC50 (I know mine will!), find a space to recharge so you can deeply enjoy everything there is to offer.

## HEARING TESTS

Free hearing tests are traditionally held on the Friday of the convention. These are in the works with our usual partner, Butler University, so keep your eyes – and ears – open for continued updates! **PN**

## WORLD

### Ivan Llanes

World Clinic / Performance

#### Hybrid Kit (Timbal and Drumset)

This clinic/performance offers a deep dive into the art of playing a hybrid percussion kit, combining the timbal and drumset, and explores its versatility across a variety of world music styles. I will guide the audience on a journey of discovery, starting with the origins and development of this innovative kit and its unique application in diverse musical contexts. I will showcase how I use the hybrid kit in Latin Jazz compositions as well as in the fusion of Brazilian music, pop, soul, R&B, and electronic genres. Attendees will gain insight into integrating these musical styles, emphasizing adaptability and creativity within a unified percussive setup. A key focus will be on soloing techniques that blend the distinct languages of the timbal and drumset.

Ivan Llanes is a Cuban-American percussionist and singer. Ivan has earned acclaim for his versatile percussion skills, distinctive voice, and creative songwriting. He is a featured member of jazz pianist Matthew Whitaker's quintet. As lead vocalist for the Latin supergroup People of Earth, Ivan has shared the stage with the Los Angeles Philharmonic and New World Symphony. Before relocating to the U.S., Ivan toured extensively with famed Cuban flutist Maraca. Since then, he has collaborated with such artists as Arturo O'Farrill, Nella, and Katreese Barnes.



Dr. Nadia Azar