

Arts, Health Care, & Humanities in Action

February 13, 2026

8:30am - 5pm

Intergenerational Center for Arts and Wellness
114 30th St, Winston-Salem, NC 27105



Keynote Speaker
Aly Maier Lokuta

Assistant Vice President, Arts & Well-Being
New Jersey Performing Arts Center

njpac

- Help envision a future where the arts and humanities support healthcare in Forsyth County.
- Learn how intersections of the arts, health-care, and the humanities helped pilot an Arts on Prescription Program in Forsyth County that can scale to enrich more communities in NC.



We invite you to engage before, during,
and after the conference using #artsinhealth.

Connect with us on Instagram
@WaketheArts and @generationscenterws.

The Senior Services, Inc. wifi is
SSI Guest (no password needed)

**We are grateful to the following
Wake Forest University sponsors:**

Wake the Arts Center
Humanities Institute
Translational Science Center
Center for Bioethics, Health and Society
Office of the Provost

Co-convened by:

Senior Services, Inc.
The Arts Council of Winston-Salem and Forsyth County
Arts on Prescription Advisory Board Members (APAB)

Special thanks to:

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SCHEDULE

Morning Session

8:30 - 9:00am: Registration and Light Breakfast

Coffee and light breakfast

9:00 - 9:20am: Welcome and Goal Setting

- **Christina Soriano, MFA, MBA** -
*Reynolds Professor of Dance, Co-Director Wake the Arts Center, Wake Forest University
Neuroarts lab as convener in this space - stay connected*
- **T. Lee Covington** - *President, Senior Services, Inc.
Commitment to arts and health practices at the Generations Center*
- **Shannon Henry** - *President and CEO, W-S Arts Council
Excitement around growing funding mechanisms for arts/health through
the city's and state's Arts Council*
- **Kim McAllister, PhD** -
*Vice Provost, Research, Scholarly Inquiry & Creative Work, Wake Forest University
Neuroarts at Wake Forest and the Neuroscience and Society initiative*
- **Jen Sullivan, MD, MPH** -
*Leader and Vice Chief Academic Officer, National Service Lines, Advocate Strategy
Advocate Health's Commitment to Neuroarts*

9:30 - 10:45am:

Keynote: "What Matters to You? Arts & Culture, Evidence, and a Prescription for Belonging"

Aly Maier Lokuta, MA: Assistant Vice President for Arts & Well-Being, NJPAC

Panel 1: Arts Rx State of the Field – From National Trends to State Impacts

Moderated by Aly Maier Lokuta and featuring:

- **Renee Griffin** - *Creative Aging & Partnerships Officer, Senior Services, Inc.
Age-Friendly Forsyth Community Survey: What Did We Learn?*
- **Shannon Stokes** - *Founder, Healing Unlimited Wellness Collective
Arts For EveryBody, Community-Based Arts Prescription*
- **Christina Soriano, MFA, MBA** -
*Reynolds Professor of Dance, Co-Director Wake the Arts Center, Wake Forest University
Arts Rx in communities and on college campuses/ Neuroarts lab*
- **Tracy McGinnis** - *Vice President of philanthropy and strategic initiatives, Southminster
Arts Prescribing in a continuing care retirement community*
- **Lia Miller** - *Co-founder/Executive Director – Creative Aging Network – NC
Creating connections across sectors for maximum impact*
- **Heather Ikemire, PhD** - *Executive Director, Lifetime Arts
Creative Aging as a Policy Lever for Brain Health, Social Connection, and Livable Communities*

10:45 - 10:55am: Break

10:55 - 11:00am: Movement Break: Arts Experience 1

Christina Soriano, MFA, MBA - Reynolds Professor of Dance, Co-Director Wake the Arts Center, Wake Forest University

11:00am - 11:45am:

Prescribing Arts as a Health Care Tool in Forsyth County: Initial Findings, Next Steps

Christina Soriano, MFA, MBA - Reynolds Professor of Dance, Co-Director Wake the Arts Center, Wake Forest University

Panel 2: Prescribing Arts as a Health Care Tool in Forsyth County: Initial Findings, Next Steps

Moderated by Christina Soriano and featuring:

- **Kathryn E. Callahan, MD, MS** - Geriatrician, Wake Forest Baptist Health
A physician weighs in on an arts referral experience for older adults
- **Ashley Morgan** - Project Manager, Wake Forest University School of Medicine
Observations from the link worker's perspective
- **Shelia Grissard, MA** - participant engaged in arts programming at the Generations Center
Brenda Hunter - participant engaged in arts programming at the Generations Center
Sandy Smalling - participant engaged in arts programming at the Generations Center
Observations from participants

11:45pm - 12:30pm:

Panel 3: Amplifying Healthcare Voices in North Carolina's Arts and Health Landscape

Moderated by Christina Hugenschmidt and featuring:

- **David M. Popoli, MD, FAAPMR, CAQSM** - Associate Professor, Wake Forest University School of Medicine Department of Orthopaedic Surgery and Rehabilitation, Pediatrics Clinical Chair of Research, Department of Orthopaedic Surgery and Rehabilitation, Medical Director, Dance and Performing Arts Medicine Clinic Course Director, Introduction to Clinical Reasoning and Integrative Thinking
The importance of supporting artists physical wellness
- **Barbara Lister-Sink, EdD** - Professor of Piano, Salem College; Director, Graduate Certificate Program & Master of Music with an Emphasis in Injury-Preventive Technique
Importance of supporting artists physical wellness
- **Jen Sullivan, MD, MPH** - Leader and Vice Chief Academic Officer, National Service Lines, Advocate Strategy
Neuroarts commitments from Advocate Health
- **Matt Olin** - Co-Founder & Chief Community Officer, Charlotte Is Creative
Charlotte Is Creative and NeuroArts
- **Andrea Camp** - Senior Advisor, NeuroArts Blueprint Initiative
The power of Regional and National Neuroarts Collaborations

Lunch: 12:30 pm - 1:15pm

Afternoon Session

1:15pm - 1:30pm:

Arts Experience 2: HealthRHYTHMS® – Drumming

John R. Beck - Professor Wake Forest University and Emeritus Professor University of North Carolina School of the Arts

1:30 - 2:45pm:

Evaluating Success: From Partnership to Policy

Marcel Foster - Co-founder and director, Performance Hypothesis, LLC

Panel 4: University perspective / contributions

Moderated by Marcel Foster and featuring:

- *Laurel Donley - Vice Provost of Student Affairs, UNCSA
UNCSA Art Pharmacy Arts Rx pilot*
- *Sarah Wilbur, PhD - Associate Professor of the Practice of Dance, Duke University
Movement is the Method: Dancing inroads to Creative Care
(arts/health workforce development)*
- *Allison Calhoun, MS - Clinical Assistant Professor, Winston-Salem State University
Why physical/occupational therapists should/can prescribe the arts*
- *Sudha Shreeniwas, PhD - Professor of Human Development and Family Studies, University of North Carolina – Greensboro
Expert voices on Arts on Prescription program needs, and how these may work with the US healthcare system*
- *Christina Hugenschmidt, PhD - Rebecca Shaw Professor, Director – Memory Counseling Program, Associate Professor – Gerontology and Geriatrics, Wake Forest University School of Medicine
The Neuroarts Lab across the Wake Forest enterprise*
- *Ana Iltis, PhD - Professor, WFU Department of Philosophy; WFU Humanities Institute Interdisciplinary Faculty Seminar: The Arts, the Humanities, and Health Care in Action; Director, Center for Bioethics, Health, and Society at Wake Forest University
Bioethical considerations in arts prescribing (discussion guides for patients and mentorship of this in coursework), and potentials for new interdisciplinary partnerships at WFU*

2:45pm - 3:00pm Break

3:00 - 3:45pm:

Arts Experience 3: Narrative Medicine, Visual Art

*Betsy Messick - Director of Art + Wellness, Textiles and Community Engagement,
Sawtooth School for Visual Art*

*Aimee Mepham, MFA - Associate Director, Humanities Institute, Wake Forest University;
Co-Director, Story, Health, and Healing Initiative*

3:45 - 4:15pm:

Small Group Discussions:

What did we learn? What are our next steps? What commitments can we provide?

4:15 - 4:30pm:

Where do we go from here? Reporting Back and Next Steps

4:30pm - 5:00pm:

Depart

PRESENTER BIOS



John R. Beck

Professor, Wake Forest University

Emeritus Professor, University of North Carolina School of the Arts

After 25 years as Professor of Percussion at the University of North Carolina School of the Arts Beck retired from full time teaching and became the Coordinator for Arts & Health Partnerships. He is an adjunct faculty member at Wake Forest University, Principal Percussionist of the Winston-Salem Symphony, and a member of the Greensboro Symphony and Brass Band of Battle Creek. A former tour soloist with the US Marine Band, he also performed regularly with the National and Baltimore Symphonies. Beck is a Past President of the Percussive Arts Society and received a 2018 Ford Award for Excellence in Community Service from the League of American Orchestras and a 2025 Arts Transforming Environments award from the National Organization for Arts & Health.



Allison Calhoun, MS

Clinical Assistant Professor, Department of Occupational Therapy,

Winston-Salem State University

Allison Calhoun has been an occupational therapist and educator for over 22 years. As a Clinical Assistant Professor in the Department of Occupational Therapy at Winston-Salem State University (WSSU), she serves as the Academic Fieldwork Coordinator. Previously, she worked as an occupational therapy practitioner in long-term care settings, as a rehabilitation department manager, and as a consultant to a continuing care retirement community for creating and collaborating on programs to promote healthy aging and well-being among older adults. She is skilled in supporting community and clinical collaborations and is the partner champion from the School of Health Sciences at WSSU to support the development and implementation of programs and services that are delivered in the dedicated 6,500 square foot indoor and 2,500 square foot outdoor space that the WSSU School of Health Sciences has at the Generations Center. She also works very closely with students and clinical sites to foster fieldwork placements and educational opportunities that support students' growth into clinically competent and culturally safe practitioners.



Kathryn E. Callahan, MD, MS

Geriatrician, Atrium Health Wake Forest Baptist

Professor, Wake Forest University School of Medicine,

Departments of Internal Medicine: Gerontology and Geriatric Medicine, and Implementation Science

Dr. Callahan is a geriatrician and health systems researcher whose work focuses on scalable, sustainable solutions so that every older adult can access high-quality geriatrics-informed care - particularly those with or at risk for frailty. She has received research support from the NIH, Duke Endowment Foundation, and PCORI.



Andrea Camp

Senior Advisor, NeuroArts Blueprint Initiative

Andrea Camp is senior team leader for the NeuroArts Blueprint Initiative, a partnership between the Johns Hopkins International Arts + Mind Lab Center for Applied Neuroaesthetics and the Aspen Institute's Health, Medicine & Society Program. In that role, she shapes the Initiative's strategies that turn the science of the arts and aesthetics into policies and practices to advance individual, community, and societal well-being across many sectors. With more than four decades of experience across Congress, academia, and the nonprofit sector, Andrea has worked at the intersection of science, policy, and creativity to advance health and well-being. She previously served as Executive Director of the U.S. Congress Joint Economic Committee and as interim Chief of Staff to Speaker Emerita Nancy Pelosi. Earlier in her career, she was Legislative and Communications Director for Representative Pat Schroeder, focusing on women's health research and helping establish the Congressional Caucus for Women's Issues. Andrea has also served as a senior advisor to Ascend at the Aspen Institute advancing family economic security and collaborated with organizations including the Women's Heart Alliance, Harvard T. H. Chan School of Public Health, and Wellesley College to advance gender equity and health policy innovation.



T. Lee Covington

President, Senior Services, Inc.

T. Lee Covington currently serves as President of Senior Services where he has been since 2015. Lee holds a B.S. in Finance from Elon University, a Masters of Public Administration from UNC-Greensboro and an Executive Certificate in Nonprofit Management from Duke University. For more than 35 years, he has held leadership positions in community-based nonprofits across North Carolina. He also has served as President of the NC Association on Aging, President of Meals-on-Wheels Association of NC and currently is board chair for the NC Adult Day Services Association.



Laurel Donley

Vice Provost of Student Affairs, UNCSCA

Laurel Donley is the Vice Provost and Dean for Student Affairs at UNCSCA, appointed in July 2023. With over 20 years of experience in academic and student affairs, including a decade at UNCSCA, she has held significant roles such as Assistant Dean of Student Development and Director of High School Life, overseeing a wide range of student services from residence life and orientation to student engagement and case management. A recognized leader in student mental health, Donley has served on the UNC System Mental Health Task Force and as a panelist for the UNC Board of Governors on Collegiate Mental Health. Her experience includes eight years as Director of Student Assistance and Support at UNCSCA. Before joining UNCSCA, she was the Director of Campus Support Services and a CARE Coordinator at Wake Forest University. Donley is a founding member of the Higher Education Case Managers Association (HECMA), serving as its president from 2018-2020. She is also a recipient of the UNCSCA Professional Staff Excellence Award (2018) and the Community Service Award (2015), and is a certified Mental Health First Aid instructor. She is a graduate of the UNC BRIDGES academic leadership program.



Marcel Foster

Co-founder and director, Performance Hypothesis, LLC

Marcel Foster is the CEO of Performance Hypothesis. With nearly two decades of experience collaborating with arts organizations for community change, Marcel is an internationally-recognized specialist in arts and health evaluation. Based in Atlanta, GA, they currently hold affiliations with the University of Florida's Center for Arts in Medicine and Chairs the American Evaluation Association (AEA)'s Arts, Culture, and Museums group.



Renee Griffin

Creative Aging & Partnerships Officer, Senior Services, Inc.

Renee Griffin is the Creative Aging and Partnerships Officer for Senior Services and leads the agency's Creative Connections Department and Age-Friendly Forsyth Program. She is responsible for coordinating the twenty-three Partners and the collaborative programming designed to provide intentional intergenerational interaction in the Intergenerational Center for Arts and Wellness (Generations Center). Much of the work of the Generations Center is centered on the belief that people of all ages and abilities are creative, and that the arts and creativity impact health, wellness and quality of life. Renee Griffin has 28 years of nonprofit experience in North Carolina's Aging Network.



Shelia Grissard, MA

Born and raised in Winston Salem, NC, Shelia Grissard is a proud graduate of Winston-Salem State University and the University of Illinois where she received a graduate degree in education. Shelia served in the Peace Corps in Malaysia and Ghana and is a retired WSFCS special education teacher.



Shannon Henry

President and CEO, Arts Council of Winston-Salem and Forsyth County

Shannon Henry lives in Winston-Salem and is a widely respected leader in strategy, operations, audit, and risk management. Most recently, she served in a consulting capacity as Acting Chief Strategy Officer at Winston-Salem State University. Earlier in her career, Henry was chief operating officer at PBS North Carolina and held a dual appointment as chief audit, risk, and compliance officer for both the University of North Carolina School of the Arts and Winston-Salem State University. In addition to her executive leadership in higher education and public media, Henry is also an entrepreneur and founder of a boutique hat line that blends sophistication and bold style and reflects her passion for craftsmanship and creative expression. She earned a bachelor's degree in accounting from Mount Saint Mary College, a master's degree in accounting and financial management from Keller Graduate School of Management, and completed the postgraduate program in Lean Six Sigma at the University of Massachusetts Amherst.



Christina Hugenschmidt, PhD

*Rebecca Shaw Professor, Director – Memory Counseling Program,
Associate Professor – Gerontology and Geriatrics, Wake Forest University School
of Medicine*

Dr. Hugenschmidt is a neuroscientist committed to research that maintains dignity and purpose for older adults across the range of physical and cognitive functions they experience. Her research investigates the potential of lifestyle interventions (especially dance!) to support healthy brain and body function in aging and ways to provide better support to caregivers of people living with dementia. Her work with her artist collaborator Christina Soriano has resulted in grant funding from Blue Cross Blue Shield, the Retirement Research Foundation, and the NIH, as well as many enjoyable community and outreach partnerships.



Brenda Hunter

Brenda Hunter is a facilitator for growth and change. She operated a management consulting firm, B. Hunter Associates, for over four decades. She is an experienced teacher, trainer, and career transition coach. She is the author of two books and a graduate of Leadership Winston-Salem. She is a Winston-Salem native, the wife of Al Hunter and together they have three amazing adult children.



Heather Ikemire, PhD

Executive Director, Lifetime Arts

Heather Ikemire is the Executive Director of Lifetime Arts, a national leader in creative aging training, advocacy, and field-building. Drawing on more than 20 years of experience in nonprofit leadership, arts education, and multi-sector coalition building, she brings artists, educators, health and human services professionals, and community leaders together to advance more just, connected, and age-inclusive communities. Heather previously served as Chief Program Officer of the National Guild for Community Arts Education, where she led the multi-year Catalyzing Creative Aging initiative—contributing to a 37% increase in creative aging programming nationwide—helped launch the field-defining publication *Creativity Matters: The Arts and Aging Toolkit*, and directed the Guild’s leadership of the Creative Youth Development National Partnership. At Lifetime Arts, she has convened national and international leaders through initiatives such as the International Creative Aging Summit and is currently leading the organization’s policy and advocacy work to establish creative aging as a core component of healthy aging policy plans. This work is guided by Lifetime Arts’ newly released policy brief and action plan framework, *Creative Aging in the Healthy Aging Ecosystem: Advancing Brain Health, Social Connectedness, and Livable Communities*. Heather holds a Ph.D. in Theater for Youth from Arizona State University and a B.A. in English Literature from Vassar College and is an elected school board member in New Hampshire.



Ana Iltis, PhD

Professor, WFU Department of Philosophy; Carlson Professor of University Studies; WFU Humanities Institute Interdisciplinary Faculty Seminar: The Arts, the Humanities, and Health Care in Action; Director, Center for Bioethics, Health, and Society at Wake Forest University

Ana Iltis is a faculty member at Wake Forest University and Founding Co-Editor of *Narrative Inquiry in Bioethics* (Johns Hopkins University Press) and is involved in leadership positions in other journals and a book series. Her scholarly focus is primarily on the ethical conduct of human research, and ethics and policy issues regarding organ transplantation and emerging biotechnologies. Iltis is the embedded ethicist in APOLLO, a national study on the impact of kidney donor APOL1 genotype of kidney transplantation outcomes. She has played an active role in community engagement efforts for the project. She earned her Ph.D. in Philosophy at Rice University and completed bioethics training at Baylor College of Medicine in Houston, Texas.



Barbara Lister-Sink, EdD

*Professor of Piano, Salem College
Director, Graduate Certificate Program & Master of Music
with an Emphasis in Injury-Preventive Technique*

Barbara Lister-Sink, an internationally acclaimed pianist and teacher, is acknowledged as a global leader in injury-preventive keyboard technique. A long-standing member of the Performing Arts Medical Association, she collaborates frequently with healthcare providers throughout the world to help injured pianists and organists recover from playing-related injuries. A graduate of Smith College and Utrecht Conservatory, with a Ed.D. from Columbia University, she is a former member of the Artist Faculty of the Eastman School of Music and keyboardist for the Royal Concertgebouw Orchestra. Currently, she directs America's first Graduate Certificate Program and Master of Music in Performance and Pedagogy with an Emphasis in Injury-Preventive Keyboard Technique at Salem College. Lister-Sink was chosen by Musical America Global as one of America's "Top Professionals of 2018" who have contributed to the music profession as innovators, independent thinkers, and visionary leaders. Her video/DVD *Freeing the Caged Bird – Developing Well-Coordinated, Injury-Preventive Piano Technique* won the distinguished 2002 Music Teachers National Association-Frances Clark Keyboard Pedagogy Award. She is a frequent presenter at national and international conferences, most recently in London, Glasgow, Chicago, and Helsinki. As demonstrated in her 2016 TED X talk, she is a passionate advocate for an interdisciplinary, science-based approach to teaching injury-preventive technique.



Kim McAllister, PhD

Vice Provost, Research, Scholarly Inquiry & Creative Work, Wake Forest University

Dr. Kimberley McAllister is the inaugural Vice Provost for Research, Scholarly Inquiry, and Creative Activity (VPRSICA) at Wake Forest University. Appointed in September 2024, she leads strategic research initiatives, fosters interdisciplinary collaboration, and strengthens university infrastructure and partnerships. Previously, she spent 25 years as a Professor and Director of the UC Davis Center for Neuroscience, where she significantly increased research funding, philanthropic support, and interdisciplinary initiatives. A 2025 AAAS Fellow with over 20 years of continuous NIH funding, her research focuses on brain development and neurodegeneration. She holds dual professorships in WFU's Department of Biology and the School of Medicine's Department of Translational Neurosciences.



Tracy McGinnis

Vice President of philanthropy and strategic initiatives, Southminster

Tracy McGinnis is a philanthropic leader with 15+ years of experience in aging services and currently serves as the Vice President of Philanthropy & Strategic Initiatives at Southminster. She leads community-centered initiatives that strengthen cross-sector collaboration and expand access to meaningful engagement for older adults, while also guiding philanthropic investments with local and national research universities focused on aging, caregiving, and intergenerational programs. Her community projects have earned numerous LeadingAge North Carolina awards for Excellence in Collaboration and Excellence in Community Service and have been recognized by AARP as national examples. During her tenure, Tracy also helped launch several creative aging initiatives in Charlotte Mecklenburg in collaboration with the Charlotte Symphony Orchestra, Charlotte Ballet, Bechtler Museum of Modern Art, Arts+, among others—reflecting Southminster’s commitment to the arts as a catalyst for meaningful aging and community engagement.



Aimee Mepham, MFA

Associate Director, Humanities Institute, Wake Forest University

Co-Director, Story, Health, and Healing Initiative

Aimee Mepham is Associate Director of the Humanities Institute, Co-Director of the Story, Health, and Healing Initiative, and Part-Time Assistant Professor in Bioethics, Humanities, and Medicine at Wake Forest University. She holds an MFA in Creative Writing from Washington University in St. Louis and a Graduate Certificate in Narrative Medicine from Columbia University. She has conducted creative writing and narrative medicine workshops for many different venues and audiences, and her creative work has appeared in *Hobart*, *Meridian*, and *River Styx*, among other journals, and has also been performed twice by *Liars’ League NYC*.



Betsy Messick

Teaching Artist, Sawtooth School for Visual Art

Director of Art + Wellness, Textiles and Community Engagement

Betsy Messick is an artist, naturalist and teacher with a background in community development, education, wilderness therapy and the healing arts. She has studied ceramics, printmaking, graphics and painting, dance and fiber arts. Her greatest joy is connecting people with and through the arts!



Lia Miller

Co-founder/Executive Director – Creative Aging Network – NC

Lia Miller is a visionary leader, artist, and advocate with more than three decades of experience advancing the intersection of the arts and healthy aging. In 2004, she co-founded the Creative Aging Network–NC (CAN-NC), a nonprofit dedicated to enriching the lives of aging adults through creative expression, education, and social connection, bridging generations and cultures. Under her leadership, CAN-NC has grown into a thriving organization serving thousands of older adults each year through both on-campus and community-based programs. Her work is grounded in equity and inclusion, reaching diverse populations including immigrants, refugees, and people with disabilities. Miller has created signature initiatives that empower older adults as artists and community leaders while also training hundreds of teaching artists and healthcare professionals to strengthen the field of creative aging across North Carolina.



Ashley Morgan

Project Manager, Wake Forest University School of Medicine

Ashley Morgan is a Research Project Manager in the Department of Gerontology and Geriatric Medicine at Atrium Wake Forest Baptist Health. She has had the opportunity to work with diverse populations over her nearly 25 years in research. For the past eight years, she has worked with Dr. Christina Hugenschmidt and Christina Soriano, MFA on studies investigating how arts-based interventions can contribute to the health and well-being of older adults. Outside of work, Ashley enjoys taking part in the rich arts community in Winston-Salem.



Matt Olin

Co-founder & Chief Community Officer, Charlotte Is Creative

Known widely as the host of CreativeMornings/Charlotte, Queen City-bred Matt Olin is Co-founder and Chief Community Officer of Charlotte Is Creative, a non-profit dedicated to providing the programs, resources, training, connections and opportunities that emerging artists and creative entrepreneurs need to be supported and successful in the Charlotte-Mecklenburg region. CIC's internationally-celebrated Black Lives Matter street mural project in Uptown Charlotte led to a "Charlottean of the Year" distinction from Charlotte magazine, which also named their newsletter, The Biscuit, as the "Best Email to Land in Your Inbox." Matt spent the first 20 years of his career creating and producing professional theater in Charlotte and New York – productions garnering such honors as 14 Tony Awards, 50 Tony nominations, Obie Awards, Drama Desk Awards, and more. As a musician, his rock star fantasies briefly became reality when his former band opened for REO Speedwagon, A Flock of Seagulls, and Blondie.



David M. Popoli, MD, FAAPMR, CAQSM

Associate Professor, Wake Forest University School of Medicine Department of Orthopaedic Surgery and Rehabilitation, Pediatrics Clinical Chair of Research, Department of Orthopaedic Surgery and Rehabilitation, Medical Director, Dance and Performing Arts Medicine Clinic Course Director, Introduction to Clinical Reasoning and Integrative Thinking

Dr. Popoli is an Associate Professor in the Departments of Physical Medicine and Rehabilitation, Orthopaedics, and Pediatrics. In addition to working with athletes, he has a special interest in performing arts medicine and has spent years working with dancers, musicians, actors and vocalists. They place high demands on their bodies and deserve to have a physician who speaks their language and can assist them when injuries occur. This is one of the reasons he started and serves as medical director for the Atrium Health Wake Forest Performing Arts Medicine Program and advocated for this group of athletes during his terms as the chair of the Medical Committee for the International Association of Dance Medicine and Science.



Sudha Shreeniwas, PhD

Professor of Human Development and Family Studies, University of North Carolina – Greensboro

Sudha Shreeniwas is a Fellow of the GSA and Victor Marshall Fellow of the SGS, and is Co-Director of the Community Engaged Research for Social Action (CERSA) Lab. Her community engaged research focuses on well being of older adults in immigrant and refugee communities, and also arts participation and well being.



Sandy Smalling

Originally from Asheville, NC, Sandy Smalling has lived in Winston-Salem since 2001. A graduate of Virginia Intermont College, she first lived in North Wilkesboro, NC where she opened a ballet school called Smalling School of Fine Arts, a studio space for dance, art, piano & voice, Karate and ballroom. Sandy also served as the Annunciation Christian Academy preschool and kindergarten for many years before retiring in 2012. Throughout her work as an educator, Sandy has advocated for the arts and continues to do so as a community member at the Intergenerational Center for Arts and Wellness.



Christina Soriano

Reynolds Professor of Dance and the Co-Director of the Wake the Arts Center, and the Wake Forest University Neuroarts Lab

Christina Soriano, the Reynolds Professor of Dance at Wake Forest University, is the former Vice Provost for the Arts and Interdisciplinary Initiatives at Wake Forest University, a role she held for 7 years from 2017-2024. At Wake Forest, Christina teaches courses that focus on dance and interdisciplinary studies like Neuroscience and Dance, which she co-teaches with her neuroscience collaborator, Dr. Christina Hugenschmidt. Together, the Christinas have received generous funding from the National Parkinson Foundation, Blue Cross Blue Shield of NC, and twice from the National Institutes of Health to support their collaborative dance and neuroscience research where they investigate the ways that dance can increase mobility, balance, cognition and quality of life for people living with age-related neurodegenerative diseases. Since 2012, Christina has regularly taught a community dance class in Winston-Salem, NC for older adults living with neurodegenerative diseases such as Parkinson's or Alzheimer's and their carepartners. She is a partner at the Intergenerational Center for Arts and Wellness at Senior Services, Inc. in Winston-Salem, NC, a former Kennedy Center Citizen Artist Fellow, and a Next Avenue Influencer in Aging.



Shannon Stokes

Founder, Healing Unlimited Wellness Collective

Shannon Stokes is a multifaceted creative professional dedicated to arts, health, and community transformation. As a movement artist, cultural organizer, and wellness entrepreneur, Shannon champions whole-person community engagement and collective healing through arts and culture. In her former role as Vice President of Strategy and Community Impact at Arts Council of Winston-Salem & Forsyth County, Shannon served as the lead staff and project manager for Arts For EveryBody/One Nation One Project. Shannon is the founder of Zen by Shannon and Healing Unlimited Wellness Collective, a community-based wellness center in East Winston dedicated to healing justice. Through Zen by Shannon, coaching and consulting, she merges mindfulness practices, holistic nutrition, and authentic leadership principles to enhance stress reduction and alleviate burnout. Shannon's heart-centered methodology aims to encourage meaningful change and strengthen community connection by offering wellness education and inspiring clients to become more aligned, intentional, and present in both their lives and work. She has a Bachelor of Arts in Arts Administration from Salem College and a Master of Science in Entertainment Business from Full Sail University. Currently, she is pursuing a Master of Divinity at Wake Forest University School of Divinity exploring vocation at the intersections of arts, health, and spiritual embodiment.



Jen Sullivan, MD, MPH

Leader and Vice Chief Academic Officer, National Service Lines, Advocate Health

Dr. Jennifer Sullivan serves as Lead for National Service Lines at Advocate Health, where she oversees clinical strategy and operations for Cancer, Heart and Vascular, and Neurosciences as part of the REWIRE 2030 enterprise transformation. She also advances the integration of care delivery and academic learning as a principal investigator for the PCORI Health System Implementation Initiative. Before joining

Advocate Health, Dr. Sullivan served as Secretary of the Indiana Family and Social Services Administration under Governor Eric J. Holcomb. A physician-leader committed to improving individual and community health outcomes, Dr. Sullivan is Professor of Clinical Emergency Medicine and Pediatrics at Wake Forest University School of Medicine.



Sarah Wilbur, PhD

Associate Professor of the Practice in Dance and Theater Studies, Duke University

Sarah Wilbur is an artist-scholar (M.F.A./Ph.D.) and longstanding arts and health practitioner who studies arts labor, economics, and institutional support in the US. Her first book historicized the disciplinary force of federal dance funding policies on dance labor and organization and she is now writing a new book on the shaping influence of the US healthcare industry on artists' work and wellbeing. Sarah serves

as an Associate Professor of the Practice at Duke University, jointly appointed in Dance and Theater Studies and is also allied faculty with Re-Imagining Medicine and belongs to an international and inter-Global Health Humanities and Geographies consortium. Sarah is currently a Principal Investigator for a Bass Connections Research project pursuing arts and health workforce development strategies and embedded participatory arts programming throughout Durham County. She co-edits: *Arts in Context: Critical Performance Infrastructures* book series (U of Texas Press) and facilitates the Equitable Arts Infrastructures Research Group.