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Friends of IMPROVment®,

A correction to incorrect information about our incredible newly-certified teacher, Melissa Pihos: Melissa is an Assistant Professor of Dance at Valdosta State University, and has been busy at Texas Tech University doing a guest artist residency.

"The inspiration to begin teaching IMPROVment® was my father, Pro Football Hall of Famer Pete Pihos. He battled Alzheimer's disease for 12 years. After he passed away in 2011, it has been a mission of mine to give back to individuals and families who are dealing with issues surrounding Alzheimer's disease, Parkinson's disease and dementia."



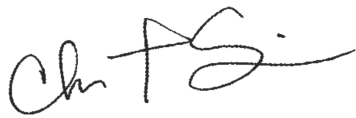
Melissa Pihos is teaching ["Parkinson's Dance Class"](#) through *The Dance Project* in Greensboro, NC on Zoom Wednesdays from 4-5.

class begins on Monday, November 22 and will occur weekly from 6:15pm to 7:15pm through December 20. The link to join this week's virtual class is below:

**CLICK [HERE](#) TO JOIN OUR
WEEKLY CLASS SERIES
Mondays at 6:15 p.m. EST (Nov 22 - Dec 20)**

Remember, our virtual classes are offered free of charge—as you feel inclined to support the IMPROVment® program as we grow our team and provide research and community facing opportunities for our work, please consider [making a modest donation](#) to our team. This supports our teachers for their time and resources. We thank you. See you soon!

Thank you so much,



Christina Soriano
Founder/Executive Director
IMPROVment® Initiative
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