

[View this email in your browser](#)



Friends of IMPROVment®,

In light of the COVID surge and all that is currently happening in our lives and work, we have decided not to hold our annual workshop and teacher training this year. This was a tough decision, but one that feels right for us at this time. We fully intend to pick things back up in March 2023!!

We are excited to share virtual IMPROVment@ classes happening right now, taught by our newest certified teachers, Rachelle and Melissa! Join us on zoom and hope we can dance with you in person soon.



Rachelle Smith-Stallman is teaching DANCE BEYOND PARKINSON'S classes on Zoom every Tuesday and Thursday at 1:30 EST. She is also teaching LET'S DANCE at 4pm on Fridays in January. This class is for all ages—fun, funk and sweat!

Contact Rachelle at rss@nycap.rr.com for details for either class! and let me know which one you're interested in. Donations welcome!



Melissa Pihos is teaching a free 12-week IMPROVment® zoom class through the dance project beginning on January 26, 2022 from 4-5 PM EST. She is also preparing for February in-person classes in Valdosta, GA at the Turner Center for the Arts. Additionally Melissa will teach an IMPROVment® workshop at The American College Dance Association Southeast Conference. Contact Melissa at petepihos35@gmail.com for further details.

Thank you so much,

Christina Soriano
Founder/Executive Director
IMPROVment® Initiative
improvement.wfu.edu

[Join IMPROVment® Mailing List](#)



Copyright © 2022 Improvment, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

