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Friends of IMPROVment®,

We are excited to share a new publication from many members of the IMPROVment® team! Here to discuss the significance of the article is Deepthi Thumuluri, a graduate neuroscience student in Dr. Hugenschmidt's lab! The article "[Improvitational Movement to Improve Quality of Life in Older Adults With Early-Stage Dementia: A Pilot Study](#)" was recently published by the academic journal *Frontiers in Sports and Active Living*.

"Our recent publication provided the first investigation into how the IMPROVment® method benefits older adults with mild cognitive impairment," says Deepthi. "I am excited to see how these benefits to quality of life, cognition, and movement are further explained in the full clinical trial using IMPROVment®. My hope is to use this data and insight to further serve our local older adult community."



Deepthi Thumuluri is a graduate student in the Master's Program in Neuroscience at Wake Forest University School of Medicine. As an undergraduate at Washington and Lee University, Deepthi investigated the role of swimming on the cognitive performance of adolescent rats on a Western-style diet. Her interest in lifestyle modifications led her to Dr. Christina Hugenschmidt's lab in 2020 to investigate the role of improvisational movement both within the structure and networks of the brain as well as in external manifestations of mood and movement.

Upcoming Classes

12-week IMPROVment® zoom class

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.

Dance Beyond Parkinson's

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! See info below:

DANCE BEYOND PARKINSON'S

Tuesdays and Thursdays 1:30-2:30 PM EST

[Join Zoom Meeting](#)

Meeting ID: 885 4500 1952

LET'S DANCE

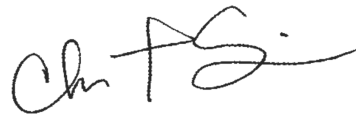
Fridays 4pm-5pm EST

[Join Zoom Meeting](#)

Meeting ID: 656 357 4914

Contact Rachelle at rss@nycap.rr.com with any questions. Donations welcome!

Thank you,



Christina Soriano

Founder/Executive Director

IMPROVment® Initiative

improvement.wfu.edu

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