

[View this email in your browser](#)



Friends of IMPROVment®,

It's been a busy spring, and we hope you are all well and thriving, wherever you are! The IMPROVment® team is excited to share some updates with you here. We'd love to hear from you! *Do reply to this email and tell us how you are!* We also hope to begin in-person classes again this summer in Winston-Salem. **If you are interested in joining these, please [contact Christina Soriano](#).**

UNIVERSITY of HOUSTON
CULLEN COLLEGE of ENGINEERING

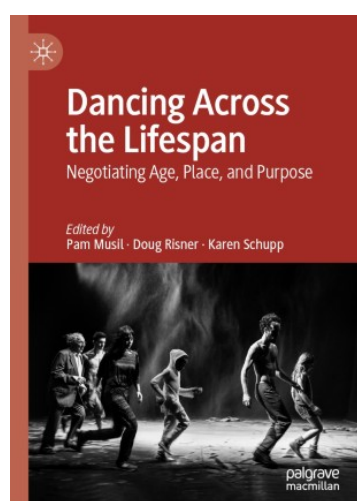
2022 INTERNATIONAL WORKSHOP ON THE NEURAL AND SOCIAL BASES OF CREATIVE MOVEMENT

WOLF TRAP - VIENNA, VIRGINIA | APRIL 7-10, 2022

2022 International Workshop On The Neural And Social Bases Of Creative Movement

Wolf Trap - Vienna, Virginia | April 7-10, 2022

Christina Hugenschmidt & Christina Soriano will present about the effects of dance on mood, balance and brain in Alzheimer's disease at this dynamic conference. [Click to learn more](#)



"Dance Me To The End With Love"

Chapter from the book [Dancing Across the Lifespan: Negotiating Age, Place, and Purpose](#)

Rebecca Barnstaple, Christina Hugenschmidt, and Christina Soriano also contributed a chapter in a new book! A growing body of evidence suggests that the skills required to meet the challenges associated with aging and age-related disease can be facilitated through engaging in dance, and a growing number of dance-based programs directed towards older adults have emerged globally in recent years. This chapter introduces research on the benefits of dance for older adults, particularly those faced with neurodegenerative conditions such as Parkinson's (PD) and Alzheimer's (AD) diseases. We outline how this research aligns with developmental and neuroscience models to suggest how and why dance may support healthy adaptations in aging and slow or counteract neurodegeneration.



ACDA Conference

Melissa Pihos also taught an IMPROVment® class last week at the American College Dance Association's Southeast Conference in Tallahassee, FL. [Click to learn more](#)



Interactive Drumming in the Hospital

IMPROVment® associate John Beck has published new research: "Interactive group drumming in the hospital: An effective music intervention for hematopoietic cell transplant patients," an innovative and integrative research study with Atrium Health. The article was published in the January issue of International Association for Music and Medicine journal. [Click to learn more](#)

Classes

Melissa Pihos is teaching an ongoing in-person class series weekly at Valdosta State University: Mondays from 2-3 pm.

Dance Project zoom classes are also available on Wednesdays from 4-5 PM. Come join us! Every week on Wed through Apr 13, 2022. Zoom information below:

Join Zoom Meeting:

<https://us02web.zoom.us/j/89453743135>

Meeting ID: 894 5374 3135

Passcode: spring22

You may also access the Zoom meeting link via this [Google Drive Document](#).

Thank you,

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



Join IMPROVment® Mailing List



This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Improvement · 1834 Wake Forest Rd · Winston Salem, NC 27109-6000 · USA

