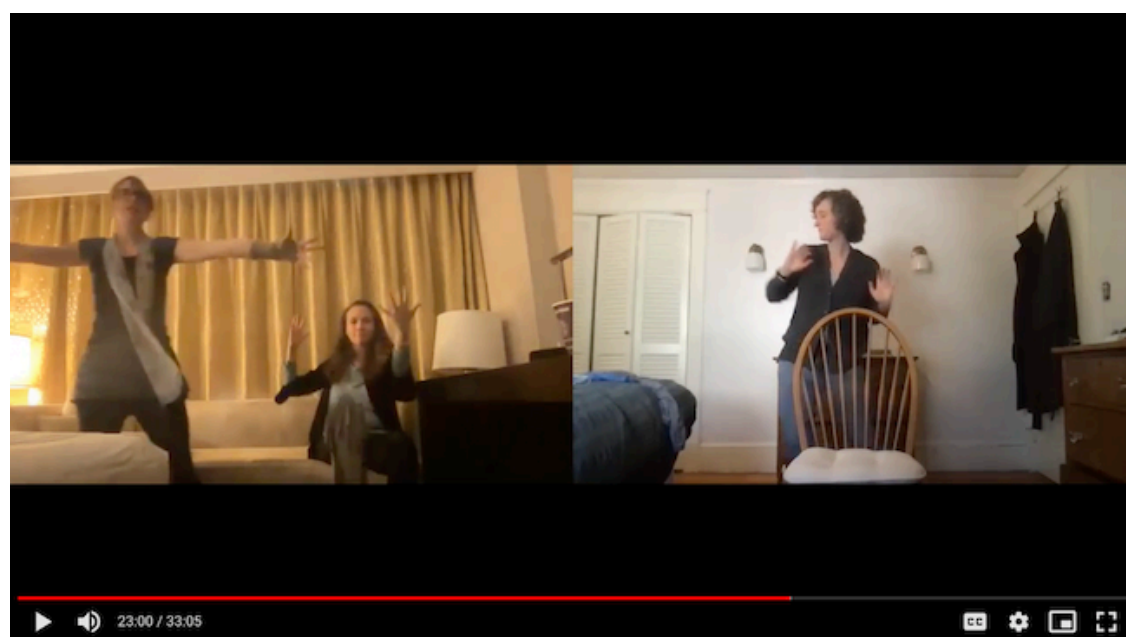


[View this email in your browser](#)



### Friends of IMPROVment®,

We're excited to share new and continuing class offerings with you. Rebecca Barnstaple, Christina Soriano, and Jessie Laurita-Spanglet recently taught a 30-minute virtual class for the [Dance for PD community festival](#), celebrating 20 years of this remarkable program. Click below to view this class:



Christina Soriano and Christina Hugenschmidt were also delighted to share a talk and virtual movement class with the [Adult Children of Aging Parents \(ACAP\)](#) community. Watch the presentation here!



---

### Ongoing Classes



Thursday at 1:30 EST. She is also teaching LET'S DANCE at 4pm on Fridays. This class is for all ages—fun, funk and sweat! See info below:

#### **DANCE BEYOND PARKINSON'S**

Thursdays 1:30-2:30 PM EST

[Join Zoom Meeting](#)

Meeting ID: 885 4500 1952

**Passcode: DANCE**

#### **LET'S DANCE**

Fridays 4pm-5pm EST

[Join Zoom Meeting](#)

Meeting ID: 656 357 4914

**Passcode: DANCE**

Contact Rachelle at [rss@nycap.rr.com](mailto:rss@nycap.rr.com) with any questions. Donations welcome!



**Melissa Pihos** is teaching IMPROVment®: Dance for Parkinson's on Wednesdays from 4-5pm via Zoom. The class runs through June 8.

#### **IMPROVment®: DANCE FOR PARKINSON'S**

Wednesdays from 4:00-5:00 PM EST

[Join Zoom Meeting](#)

Meeting ID: 893 9762 0214

**Passcode: spring222**

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

Thank you,

Christina Soriano  
Founder/Executive Director  
IMPROVment® Initiative  
[improvment.wfu.edu](http://improvment.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](#)  
Improvment · 1834 Wake Forest Rd · Winston Salem, NC 27109-6000 · USA

