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Friends of IMPROVment®,

Happy Holidays from IMPROVment®! We are pleased to share our current class offerings below. And don't miss the delightful photos from our recent Introductory Training held in Winston-Salem. In January, we will share information for folks interested in enrolling in IGROOVE, our new NIH-funded study. Until then, be well and have a wonderful holiday season.

Winter IMPROVment® Classes



Melissa Pihos is offering an ongoing free IMPROVment® class in Valdosta, GA at the Turner Center for the Arts on Mondays at 5 pm.

She is still offering free online IMPROVment® classes through zoom on Wednesdays from 4 - 4:40 pm.

Contact Melissa at petepihos35@gmail.com for further details.

[Click to join Zoom Class](#)

Photos from our Introductory Workshop





Warmly,

Christina Soriano
 Founder/Executive Director
 IMPROVment® Initiative
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