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Dear Friends of IMPROVment®,

Often, our newsletter communication exists to share updates about our classes, or exciting news. On this occasion, I write to share a sad update.

Remembering Debbie Dickey



A beloved member of our community recently passed away. Deborah Ann (Hoppe) Dickey, age 70 of Mocksville, NC died January 11, 2023. Those who knew Debbie from our IMPROVment® community classes at Academy of Dance Arts will remember her beautiful smile, her tenacious spirit and her beautiful knitting. I will miss her and I know we all extend our deepest sympathies to Gene, her devoted husband, who also often came to class with Debbie. A Funeral Mass for Debbie will be held at 11:00 am, February 28, at St. Francis of Assisi Catholic Church, with a reception following in the Parish Hall. In lieu of flowers, Debbie asked that donations be made to the [National Borzoi Rescue Foundation](#).

Continuing IMPROVment® Classes (New Link)



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.

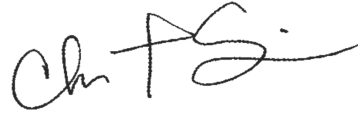
Contact Melissa at petepihos35@gmail.com for further details.

[Click to join Zoom Class](#)

Upcoming Research Participation

Stay tuned to hear about how you and those you know can participate in our upcoming research. More information will be available soon!

Warmly,



Christina Soriano
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IMPROVment® Initiative
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