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**Dear Friends of IMPROVment®,**

It's an exciting month for IMPROVment®, with new research projects coming into focus. Please see below for information about IGROOVE and join us this Saturday as Christina Hugenschmidt, Christina Soriano, and Deepthi Thumuluri present at the annual [Dance Science Symposium](#), hosted by University of Massachusetts Amherst.

## Participate in NIH-funded research



Are you concerned about your memory? Do you enjoy movement and music? Did you know physical activity, being social, and cognitive challenges are all important for brain health as you get older? And that activities you enjoy, like music and movement, might actually promote brain health? By joining the [IGROOVE study](#), you can have fun and learn something new while helping to create knowledge about whether participating in the arts can improve heart and brain health. You will learn about music and movement from experts in our community, you can contribute to the future of aging care, and you will be compensated for your time. For more information, please contact Tracy Carroll at 336-713-6683.

## Dance Science Symposium 2023

**LABSYNC**  
dance ∩ health ∩ science ∩ technology



# Dance Science Symposium 2023

April 22nd, 2023  
1:00pm-3:30pm

**DSS 2023 Featured Presenters**

**Edna Orozco, MA**

Cenda University Corporation (Bogota,  
Colombia)

**Constantina Theofanopoulou, PhD**

City University of New York, Rockefeller  
University

**Christina Hugenschmidt, PhD**

**Christina Soriano, MFA**

**Deepthi Thumuluri, MS**

Wake Forest University, North Carolina

To register for the symposium:



<https://www.umass.edu/music/dance-science-symposium-2023>

University of Massachusetts-Amherst's [Laboratory for the Scientific Study of Dance \(LAB:SYNC\)](#) hosts the [Dance Science Symposium 2023](#) on Saturday, April 22nd, 2023 from 1:00pm-3:30pm EST. Register below for this FREE Zoom webinar.

[REGISTER HERE >](#)

## Student Research

Two long standing undergraduate students on our team have received funding from Wake Forest's Undergraduate Research and Creative Activities Fund (URECA) for summer research fellowships to work on [IGROOVE!](#)



**Payton DeLuca (WFU '24)**

"My role in the intervention will be to assist the study team in all onboarding and pre-testing for participants and serve as the leading student-volunteer for the dance movement classes and music appreciation class control. I will also aid other faculty members involved in the study with any other tasks. Additionally, I will assist Professor Soriano with beginning a community class that is separate from the clinical trial and open to the public. The purpose of the community class is to allow people who may not be eligible for the study or

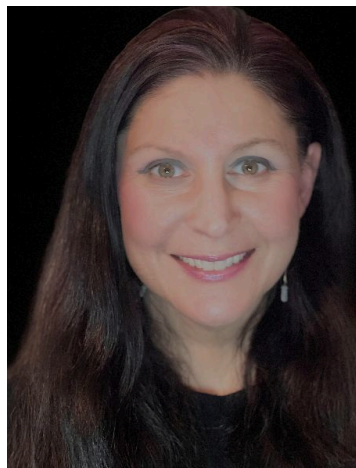
working on writing a manuscript that I began in January 2023 under the guidance of Dr. Hugenschmidt."



### Mia De Jong (WFU '24)

"I am looking forward to serving the IGROOVE study this summer as a dance class volunteer with the intervention team. I will be assisting interventionists with the instruction and logistics of the various genre classes and music appreciation control. In addition to my involvement with IGROOVE, I will be working with Dr. Hugenschmidt and Professor Soriano on a project exploring differences in white matter health in older adult fallers and non-fallers with Mild Cognitive Impairment. The goal of this work is to determine any correlative causes for falling in those who suffer from cognitive impairment. I will be continuing to work on a research manuscript for this project with Dr. Hugenschmidt as well."

## Continuing IMPROVment® Classes



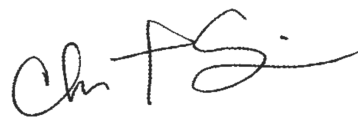
Melissa Pihos is offering an ongoing free IMPROVment® class in Valdosta, GA at the Turner Center for the Arts on Mondays at 5 pm.

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

Contact Melissa at [petepihos35@gmail.com](mailto:petepihos35@gmail.com) for further details.

[Click to join Zoom Class](#)

Warmly,



Christina Soriano  
Founder/Executive Director  
IMPROVment® Initiative  
[improvement.wfu.edu](http://improvement.wfu.edu)

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