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Dear Friends of IMPROVment®,

We hope your summer is off to a great start! We're thrilled to share an interview from John Hopkins University with Dr. Christina Hugenschmidt and Christina Soriano. In addition, learn about our new study and find out how you can be involved.

We also are eager to bring back our in-person IMPROVment® classes at the Shepherd Center in Winston-Salem! Please fill out [this short survey](#) to help us find the best time for class.

## Johns Hopkins University Interview



IMPROVment® is featured by Johns Hopkins University in "How Improvisational Movement and Dance Affect the Brain: A Q&A With Wake Forest Researchers Christina Hugenschmidt, PhD, and Christina Soriano."

[Read the interview](#)

## 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

more information, please contact Margaret Brown at 336-713-6683.

[More about the IGROOVE study](#)

## Virtual Classes



**DANCE BEYOND PARKINSON'S**  
*IN PERSON*, **TUESDAY**, CICCOTTI CENTER,  
ALBANY NY...1:30PM-2:45PM

**ZOOM every Thursday. 1:30-2:30 pm EST**

THERE WILL BE SOME GREAT TUNES, FEEL GOOD STRETCHES AND TIME TO GET YOUR CREATIVE JUICES FLOWING! There will be time to relax and tune into yourself and I will then give out a variety prompts and you interpret them as you wish. There is no right or wrong. No dance experience necessary! Dance and movement for Parkinson's have been shown to encourage socialization, and increase balance and flexibility. Join me! laugh, shout, dance! donations welcome!

[Zoom Class Link](#)

### LET'S DANCE!

**CENTER FOR NIA YOGA, ALBANY, NY..3RD THURSDAY**  
**JUNE, JULY, AUG. 6:30-7:30PM EST**

Get to know you, your body, your expressive movements in a new funky fun way!. Excellent for brain health as well as physical release. Great for dancers, non dancers, actors and anyone who wants to have some fun!!!

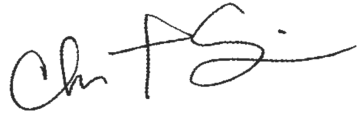
### IMPROVment® zoom class

**Melissa Pihos** is teaching a weekly IMPROVment® zoom class on **Wednesdays** from 4:00-4:45 PM EST. Contact Melissa at [petepihos35@nullgmail.com](mailto:petepihos35@nullgmail.com) for further details.

**Wednesdays 4:00-4:45 PM EST**

[Zoom Class Link](#)





Christina Soriano  
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