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**Dear Friends of IMPROVment®,**

We're thrilled to share with you a very special event in Charlotte this Thursday. Christina Soriano and Dr. Christina Hugenschmidt will speak as part of a free community conversation with soprano Renée Fleming on September 21st at the Sarah Belk Gambrell Center at Queens University of Charlotte. This sold out event is currently wait list only but we'll follow up with photos and updates soon.



The "[Music and Mind](#)" program is created by soprano Renée Fleming, a leading advocate for the study of the powerful connections between the arts and health. She invites leading local neuroscientists, researchers, physicians, music therapists, educators, and universities to discuss their work at the intersection of music, neuroscience, and healthcare. We will also be joined by Eugene A. Woods, Chief Executive Officer of Advocate Health, of which Atrium Health is a part; Dr. Jonathan Burdette, Professor of Radiology, Wake Forest School of Medicine; and Meg Stanley Johnson, Senior Instructor in the Art, Design and Music Department at Queens University.

[More about "Music and Mind"](#)

[Participate in NIH-funded research](#)

## Do you enjoy dance and music? Want to be more social?

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'll have the opportunity to meet new people, learn new things, and be social, all while contributing to the future of aging care and research.

Did you know physical activity, being social, and cognitive challenges are all important for brain health as you get older?

You may qualify to participate if you:

- are 65 years old or older
- have concerns about your memory, but no diagnosis of memory loss
- would like to be more physically active
- can commit to attend classes for up to three hours a week for six months
- enjoy movement and music

You will learn about music and movement from experts in our community and you will be compensated for your time.

For more information, please contact Margaret Brown at 336-713-MOVE(6683).



[www.igrooveatwake.org](http://www.igrooveatwake.org)  
[www.wakehealth.edu/IGROOVE](http://www.wakehealth.edu/IGROOVE)



BE INVOLVED. VOLUNTEER FOR A CLINICAL TRIAL



Wake Forest University School of Medicine is the academic core of Atrium Health.

IRB00086190

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 Margaret Brown at 336-713-6683.

[More about the IGROOVE study](#)

**Caregiver College Training Series**



The Caregiver College program is an in-person culturally relevant educational training series designed for caregivers of people with Alzheimer's disease with caregiving coping strategies and approaches for seeking community-based resources.

The Maya Angelou Center for Health Equity Caregiver College (MC2) is an in-person culturally relevant educational training series designed for caregivers.

Participants will be compensated upon completion and must attend all days of training. Free parking and meals will be provided.

[More about the Caregiver College](#)

## Community Class

**Improvement®**  
Weekly Community  
Dance Class

Tuesdays 3:30-4:15pm  
The Shepherd's Center  
Lower Level  
1700 Ebert St 27103

*Brain.  
Body.  
Wellness.  
Fun Music.  
Social Engagement.*

**Join Us!** Christina: [sorianct@wfu.edu](mailto:sorianct@wfu.edu) Payton: [delupe20@wfu.edu](mailto:delupe20@wfu.edu)

A weekly IMPROVment® class in-person at [The Shepherd's Center of Greater Winston-Salem](#). Contact Christina Soriano at [sorianct@wfu.edu](mailto:sorianct@wfu.edu) for further details.

**Tuesdays 3:30 – 4:15 PM EST**

[More about the Community Class](#)

## 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](#)

Warmly,

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

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