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**Friends of IMPROVment®,**

Happy holidays to you and your loved ones! We wanted to let you know that our Tuesday community class will begin meeting at 2:30pm, effective December 12. We'll continue to hold class at the Intergenerational Center for Arts and Wellness. See you then!

**December Class Schedule**

Tuesday, December 12: Community class (2:30pm)

Tuesday, December 19: Community class (2:30pm)

Tuesday, December 26: No class

Tuesday, January 2: Community class resumes (2:30pm)



**improvement<sup>®</sup>**  
*Weekly Community*  
*Dance Class*



Effective December 12, 2023  
 the study will meet on  
**Tuesdays at 2:30pm**  
**The Intergenerational Center**  
**for Arts and Wellness**  
 2895 Shorefair Drive



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

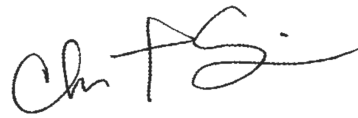
***Join Us!***

Christina:  
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**More about the Generations Center**

Thank you,



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

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