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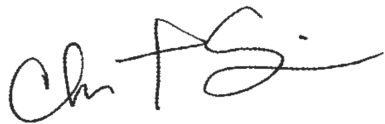
We wanted to help to quickly get the word out about a class this afternoon at the Intergenerational Center for Arts and Wellness. Tina Yarborough Liggins is teaching a fun and free African Dance Class at 1:30 today—see how to reserve your spot in the flyer below.

Among the joys of doing this work are the relationships we share with our friends across the country. Please read below to learn more about the work of our longtime collaborator in Maine—Jessie Laurita-Spanglet.

Also note this month we have an exciting Bollywood dance class in Winston-Salem with Shivani Vaidya!

As we enter the holiday season, I want to express how grateful I am for all of the ways we work together to share the joy and power of movement.

Best,

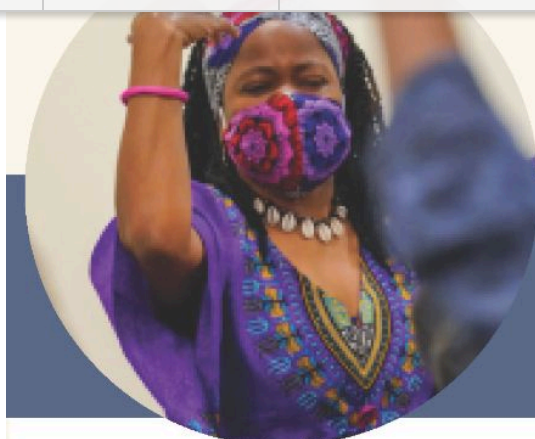


Christina Soriano

Founder/Executive Director of IMPROVment®

improvment.wfu.edu

African Dance Class in Winston-Salem

**SENIOR SERVICES**

Creative Connections

African Dance Class

with Tina Yarborough Liggins

Participating in the Arts is Good For You!

African Dance Classes

Get moving and have fun learning African Dance moves from Tina Yarborough Liggins, assistant teaching professor in Wake Forest University's Dance and Theater Department. This class will focus on basic West African dance movements and rhythms. Participants will explore a variety of African and Afrocentric movements through a progression of warm-ups, center work and across the floor.

RESERVE YOUR SPOT:

Monday, October 28**Monday, November 4****1:30 – 2:30 PM**

**Intergenerational Center for Arts & Wellness | 2nd Blooming Stage
114 W. 30th Street, Winston-Salem, NC 27105**

Classes are **FREE OF CHARGE** but space is limited and registration is required.

Contact Susan Lewis at 336-721-6954 or slewis@seniorservicesinc.org

to reserve your spot today!



North
Carolina
Arts
Council
City of
Winston-Salem

*This project was supported by the North Carolina Arts Council, a
division of the Department of Natural and Cultural Resources.*



African Dance Class with Tina Yarborough Liggins

TODAY! Monday, November 4

***Intergenerational Center for Arts and Wellness, 2nd Blooming Stage
114 30th St, Winston-Salem, NC 27105***

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An interview with Jessica Laurita-Spanglet



Tell us about your journey with IMPROVment®

In 2015 I began a job as a Teaching Fellow at Wake Forest University in the Department of Theatre and Dance. I immediately became interested in Christina Soriano's work, and soon began shadowing her in her community class and learning about the IMPROVment method. When the team began working on the

improvisational movement, a form that is so slippery and hard to pin down, and so I eagerly accepted their invitation. I remember in those early days of working with this group I felt so intimidated by the enormity of learning about scientific research and of working with people who had neurodegenerative diseases. It felt like a new language that I was learning and I was eager to immerse myself in it. I learned a tremendous amount through that experience, and I am very happy to continue my work with this team nearly a decade later. I currently work remotely as Intervention Coordinator for the IGROOVE research study. Working with IMPROVment has been a joy and a privilege, and I continue to learn and grow through my engagement with the wonderful people that make up this team!

How do you share IMPROVment® with your community in Maine?

I am currently a Lecturer in the Department of Theatre at the University of Southern Maine. At USM I have developed a new course where I teach about the methods and research undergirding the dance and health field. In my course students learn about the IMPROVment method and we work in our community to share the method with people at a local housing complex. I am also teaching regular IMPROVment classes at Mid Coast Hospital's Center for Community Health and Wellness, where I work with a group of wonderful older women who are interested in staying active and creative through dance.

What are you working on these days?

This year I am lucky to be a Fellow through the Creative Community Fellows program run by National Arts Strategies. As a New England Fellow, I am working on an arts-based Social Prescribing initiative here in Maine. My goal with this project is to create a bridge between the arts and cultural sector and the health care sector, and to enable healthcare workers to prescribe arts experiences to their patients through the social prescribing model. My aim is to create greater access to the arts for those who may not be able to access them, to bring much-needed attention to Maine's thriving arts and cultural institutions, and to give health care workers more holistic tools with which to help their patients.

[Register](#)

Dance for Health Class in Maine

DEVELOP A SENSE OF BELONGING THROUGH SHARED EXPERIENCES

Dance *for* Health

TUESDAYS OCTOBER 1 – NOVEMBER 19
FROM 10:00-11:00 AM

Fun, creative, and lively, this series of evidence-based dance classes encourages participants to build stamina, strength, and confidence all while moving to music in a joyful and non-judgmental atmosphere. These gentle movement classes begin with an engaging seated warm-up that gradually builds to dancing while holding on to the back of a chair and then dancing throughout the room. No prior experience is necessary, and attendees are invited to take the class at their own pace and slow down or rest at any time.

Adults 65 years of age or older with PD, early dementia, or individuals looking for cardiac rehabilitation are especially encouraged to participate.

Participants are welcome to join for one class or all eight! Cost is \$8/class.

For more information and to register,
call (207) 373-6585 or visit
www.midcoastchw.coursestorm.com.



Mid Coast Center for Community
Health & Wellness Movement Room
329 Maine Street in Brunswick



Mid Coast
Center for Community
Health & Wellness

MaineHealth



Dance for Health

Tuesdays October 1 - November 19
10am-11am

Fun, creative, and lively, this series of evidence-based dance classes encourages participants to build stamina, strength, and confidence all while moving to music in a joyful and nonjudgmental atmosphere. These gentle movement classes begin with an engaging seated warm-up that gradually

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Movement Classes in Maine



**Mondays from
3-4pm! Classes
start on
September 23rd
and end on
November 4th.**

***No class on 10/14!**

**Community
Room, Woodside
at Village Square**

For more information
Contact: Jessie at
jessielauritaspanget@
maine.edu

Come Move with Us!

Fun and creative, this series of free, evidence-based dance classes encourages participants to build stamina, strength, and confidence all while moving to music in a joyful and non-competitive atmosphere. No prior experience is necessary, and attendees are invited to slow down or rest at any time. All are welcome!

Movement Classes

Mondays from 3-4pm

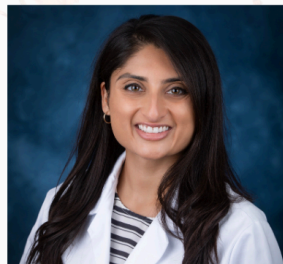
Weekly classes end on November 4th (no class on 10/14!)

Community Room, Woodside at Village Square

Come move with us! Fun and creative, this series of free, evidencebased dance classes encourages participants to build stamina, strength, and confidence all while moving to music in a joyful and non-competitive atmosphere. No prior experience is necessary, and attendees are invited to slow down or rest at any

For more information, contact Jessie at jessielauritaspanglet@maine.edu

Bollywood Dance Class in Winston-Salem



BOLLYWOOD DANCE CLASS

TUESDAY, NOVEMBER 26 2024
AT 2:30 PM

EVENT DETAILS

Come join us while we experience the rich Indian culture through music and dance.

114 W. 30TH STREET
WINSTON-SALEM, NC 27105



SENIOR SERVICES

Intergenerational
Center
for Arts and Wellness
Generations Center

Tuesday, November 26

2:30pm

Intergenerational Center for Arts and Wellness

114 West 30th St. Winston-Salem NC 27105

Come join us while we experience the rich Indian culture through music and dance. All are welcome!

For more information, contact Shivani Vaidya at s vaidya1224@gmail.com

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