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Friends of IMPROVment®,

Happy New Year, though January is nearly complete! Here in Winston-Salem, we have had robust and packed [community classes](#) on Tuesdays at 2:30pm. I'm delighted to work with a new group of Wake Forest students who are engaged in our community work and research this semester. In this January newsletter, we are thrilled to share some exciting updates and events to put on your calendars. See you soon at the Intergenerational Center for Arts and Wellness—and stay warm!

Best,

A handwritten signature in black ink, appearing to read "Chr ASi".

Christina Soriano

Founder/Executive Director of IMPROVment®

improvement.wfu.edu

**IMPROVment® at Washington University
in St. Louis**



Christina Soriano was invited to guest teach in [Dr. Elinor Harrison's](#) dance and health course at Washington University in St. Louis on January 22. Here are some photos of her leading an IMPROVment® warmup with students.

Arts For EveryBody Grant



Christina Soriano has been awarded an [Arts For EveryBody](#) Community Project Grant by the [Arts Council of Winston-Salem & Forsyth County](#) to start an [Arts on Prescription](#) pilot program. On Friday, January 31, Christina and research partners convened the first Arts on Prescription advisory board meeting. Next month, Christina will travel to the [New Jersey Performing Arts Center](#) to learn

exciting project!

[Read the Press Release](#)

North Carolina Association on Aging: Annual State Aging Training Conference



**The North Carolina Association on Aging:
Annual State Aging Training Conference**
Tuesday, February 25 - Wednesday, February 26
The Carolina Inn in Chapel Hill, NC

IMPROVment® session: Wednesday, February 26, 9:45am

Join Christina on February 26th as she presents an IMPROVment® workshop at the [NCAOA Annual Training Conference](#). This affordable regional meeting is an excellent opportunity to network with a concentrated yet diverse number of aging professionals and volunteers. The NCAOA Training Conference is the only statewide aging conference in North Carolina. [Click here](#) for the full schedule and additional information.

Arts for Health - Shaping our Future Creative Aging Symposium

2025 Creative Aging Symposium

Arts for Health: *Shaping Our Future*

**March 26, 2025
8:30am-4:00pm**

**\$50 early bird
\$65 after Feb. 23rd**

Register by March 12th at

<https://form.jotform.com/242914125208148>



Holiday Inn Charlotte University
8520 University Executive Park Dr
Charlotte, NC 28262

Medicine Wheel by Ray Silva,
Laguna-Pueblo artist and
Brenda Silva, Haliwa-Saponi
artist.

Sometimes known as the Sacred Hoop, the Medicine Wheel has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life.

Arts for Health - Shaping our Future Creative Aging Symposium

Wednesday, Mar 26, 8:30am - 4:00pm

*Holiday Inn Charlotte University 8520 University Executive Park Dr Charlotte,
NC 28262*

Christina Soriano will present an IMPROVment® class at North Carolina's inaugural conference on "social prescribing" with its Creative Aging Symposium: "Arts on Prescription," hosted by Creative Aging Network-NC (CAN-NC). This pioneering event, sponsored by Southminster, will focus on the transformative potential of creative engagement for health and well-being.

The highly interactive event will feature prominent leaders in the fields of creative aging and human development, including Keynote Speaker Heather Ikemire, Executive Director of Lifetime Arts, a leading creative aging training and advocacy organization. A visionary leader, strategist, and long-time creative aging advocate with over 20 years of experience in arts education and nonprofit management, Heather will present a bold vision for a world free from ageism and social isolation, where creative aging is embraced as a fundamental human right and essential to well-being.

[Register for Arts for Health](#)

**Learn about and attend arts events on
Wake Forest's campus!**

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Some of you may wonder what I do when I'm not at the Intergenerational Center for Arts and Wellness teaching classes or working on our [IGROOVE study](#). In addition to serving Wake Forest University as the Reynolds Professor of Dance, I am the co-director of the Wake the Arts Center, a mechanism on campus that helps fund arts programming and events across campus. We also work to promote all of the Arts performances and exhibitions happening on campus, many of them free of charge and open to the community. I wanted to take the opportunity to share some of that information with you. [Wake the Arts](#) elevates the arts at Wake Forest University and you can [sign up](#) below to receive our monthly e-letter to learn what's coming next. Hope you'll join us!



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