Subscribe

View this email in your browser

(improvment®

#### Friends of IMPROVment®,

Happy New Year, though January is nearly complete! Here in Winston-Salem, we have had robust and packed <u>community classes</u> 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,

Christina Soriano Founder/Executive Director of IMPROVment® <u>improvment.wfu.edu</u>

## IMPROVment® at Washington University in St. Louis

#### Subscribe

Past Issues





Christina Soriano was invited to guest teach in <u>Dr. Elinor Harrison</u>'s dance and health course at Washington University in St. Louis on January 22. Here are some photos of her leading an IMPROVment<sup>®</sup> warmup with students.

### **Arts For EveryBody Grant**



Christina Soriano has been awarded an <u>Arts For EveryBody</u> Community Project Grant by the <u>Arts Council of Winston-Salem & Forsyth County</u> to start an <u>Arts</u> <u>on Prescription</u> 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 <u>New Jersey Performing Arts Center</u> to learn

exciting project!

**Read the Press Release** 

North Carolina Association on Aging: **Annual State Aging Training Conference** 



# NORTH CAROLINA ASSOCIATION ON AGING

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



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

\$50 early bird \$65 after Feb. 23<sup>rd</sup>

Register by March 12<sup>th</sup> 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

#### Past Issues

Subscribe

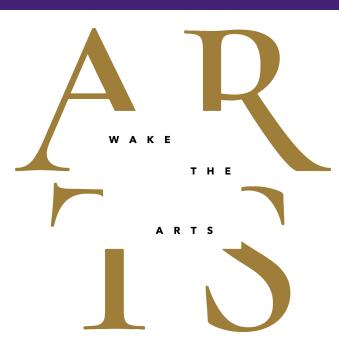
#### istina Sorianb will present an IMPROVment® class at North Carolina

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!



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 <u>IGROOVE</u> <u>study</u>. 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. <u>Wake the</u> <u>Arts</u> elevates the arts at Wake Forest University and you can <u>sign up</u> below to receive our monthly e-letter to learn what's coming next. Hope you'll join us!



Subsribe to the Wake the Arts Newsletter

Follow the Wake the Arts Google Calendar

Join IMPROVment® Mailing List



Copyright © 2025 Improvment, All rights reserved.

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>. This email was sent to <<Email Address>>

why did I get this? unsubscribe from this list update subscription preferences

Improvment  $\cdot$  1834 Wake Forest Rd  $\cdot$  Winston Salem, NC 27109-6000  $\cdot$  USA

