

[View this email in your browser](#)



### Friends of IMPROVment®,

March has been an exciting and invigorating month. Colleagues from Senior Services and I welcomed three colleagues from the [NJ Performing Arts Center](#), Sherri-Ann Butterfield, Aly Maier Lokuta and Chelsea Keys, who toured the [Intergenerational Center for Arts and Wellness](#) in Winston-Salem, as they look forward to the groundbreaking of their new [Cooperman Family Arts Education and Community Center](#).

Earlier in February, Ashley Morgan and I traveled to NJPAC to learn about their [Arts on Prescription](#) work directly. It was a joy to welcome them to Winston-Salem as our Arts on Prescription pilot study, [funded by the Arts Council of Winston-Salem](#), is underway.



The work that NJPAC is doing in arts and health is aspirational for our team and we are grateful for our partnership together.

Check out the exciting events happening this week - tomorrow we are in Charlotte! - and beyond!

Take care, and keep dancing!



*Christina Soriano*  
*Founder/Executive Director of IMPROVment®*  
[improvement.wfu.edu](http://improvement.wfu.edu)

---

---

**TOMORROW!**  
**Arts for Health - Shaping our Future**  
**Creative Aging Symposium**

## Symposium

# Arts for Health: *Shaping Our Future*

**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*

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

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.

AGENDA at a GLANCE	
8:30am-9:00am	CHECK IN
9:00am-9:15am	Welcome & Introductions – Lia Miller
9:15am-10:15am	Keynote: Creative Aging: Mobilizing a Movement for Lifelong Health - Heather Ikemire
10:15am-10:30am	BREAK
<b>10:30am-11:15am</b>	<b>The IMPROVment® Method; Movement for Brain and Body Health - Christina Soriano</b>
11:15am-12:00pm	Art Rx?: Can arts be prescribed to support well-being? - Sudha Shreeniwas
12:00pm-12:45pm	LUNCH
12:45pm-1:30pm	The Native Art of Medicine Wheels – Ray and Brenda Silva
1:30 pm-2:00pm	Playing with Dementia: Why community, creativity and the environments we create really do matter - Mary Fridley
2:00pm-3:45pm	Shaping the Future: a conversational visioning session - Mary Fridley
3:45pm-4:00pm	Wrap up

[More information](#)

**"Music and Mind" comes to North Carolina**



# CENTRAL PIEDMONT

## COMMUNITY COLLEGE



### **"Music and Mind: Harnessing the Power of Community for Health"**

*Saturday, March 29, 10:30am*

*Central Piedmont Community College*

The connection between music, community, and well-being takes center stage at Music and Mind: Harnessing the Power of Community for Health, which will be held at the Parr Center Theater at 10:30 a.m. on March 29.

Attend a panel discussion inspired by the work of world-renowned soprano Renée Fleming, who will bring together leading experts to explore the transformative impact of the arts on brain health.

[More information](#)

**Parkinson's Moving Day Kick-Off Event  
This Saturday 3/29**

We will have games, a photo booth and more!

We will have Door prizes!!!

# Moving Day Piedmont Triad KICK-OFF



March 29, 2025  
10:30am – 1:00pm  
Woodland Hall - Triad Park  
Kernersville, NC  
Register by scanning the QR code  
or email De Rush at [drush@parkinson.org](mailto:drush@parkinson.org)



**Christina Soriano**

WFU Professor of Dance  
Christina will share how dance and Parkinson's are a perfect match. You will learn about her IMROVment Initiative that is now offered throughout the country.

FEATURING



**Parkinson's Panel**

Panel will share how the Parkinson's Foundation and Moving Day have empowered them while on their journey with Parkinson's.



YOU WILL LEAVE EMPOWERED AND EXCITED FOR MOVING DAY PIEDMONT TRIAD

Christina Soriano will lead a short movement warm-up to generate excitement about Moving Day in May.

**Save the Date: Blooming Together May 17**



# Intergenerational Center

for Arts and Wellness

**Blooming Together**

*May 17*

*Intergeneration Center for Arts and Wellness*

Live dance and live music, featuring the music of Django Reinhardt. More information to come.

**New student researcher: Morgan Grygiel  
(WFU '26)**



**Welcome Morgan!**

Hi everybody! My name is Morgan Grygiel! I am from Long Island, New York, and am currently a junior at Wake Forest University. I am majoring in Biochemistry and Molecular Biology and am following the premed track. I have



super excited to be back in Winston, and to be helping out with IMPROVment®.

***Why are you drawn to the work we do in our research? How do you see growing in this work as a scientist and a dancer?***

I have had the greatest passion for dance and music my entire life. I danced for 15 years, through my senior year of high school. In college, I continue my love of the arts by singing with an acapella group, Innuendo! In recent years, I have also developed a deep passion for science. I have loved learning how our world comes together, and what small cellular and molecular details make our bodies function! I was drawn to the work done in IMPROVment® because it perfectly combines my passion of dance to my passion of science. I am fascinated by how the two subjects come together, and how one can help the other within the body. Working with this research has helped me identify ways I incorporate my passions into my future career as a physician.

***What is your favorite IMPROVment® experience or exercise so far?***

My favorite improvement experience so far was during a dance class the other week. Christina had instructed the students to get up and walk around the room. It was so much fun to see everyone laughing, smiling and interacting with each other. By the end of the first song, we were not just walking but dancing throughout the entire space! I cannot wait for more happy and expressive moments like this in the future!!

---

**FREE Weekly Community Class:  
Tuesdays at 2:30pm**



# Weekly Community Dance Class

**Tuesdays at 2:30pm  
FREE!**



**The Intergenerational Center  
for Arts and Wellness**  
2895 Shorefair Drive  
Winston-Salem, NC



**Intergenerational  
Center** for Arts and Wellness



*Brain.*

*Body.*

*Wellness.*

*Fun Music.*

*Social Engagement.*



Scan QR code to receive the  
**IMPROVment® newsletter**

Contact Christina:  
sorianct@wfu.edu

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



## Wake the Arts Newsletter

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!



Subscribe 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 [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [morriss@wfu.edu](mailto:morriss@wfu.edu)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Improvment · 1834 Wake Forest Rd · Winston Salem, NC 27109-6000 · USA

