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Friends of IMPROVment®,

This past month, I was grateful for the opportunity to share an IMPROVment® workshop with participants at the [North Carolina Association on Aging's Annual State Aging Training Conference](#) in Chapel Hill. Looking ahead, we hope you can join us for the upcoming [Arts for Health Conference on March 26th in Charlotte](#) — info is below! Please be sure to [register](#) for that by March 12! With spring on the horizon, we'll be sharing more opportunities to connect, learn, and grow together. This month and next, we will share a little about some of the community members in our class. The first profile features Ziqi Huang, a Wake Forest student who is volunteering with us this semester and summer. Meet Ziqi below!

Best,

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

Christina Soriano
Founder/Executive Director of IMPROVment®
improvement.wfu.edu

Spring Break Schedule

There **WILL** be IMPROVment® class on Tuesday, 3/4/2025 at 2:30 pm.
We **WILL NOT** have class on 3/11/2025 as it is Winston-Salem Forsyth County and Wake Forest's spring break. Come join us again on 3/18/2025.

North Carolina Association on Aging: Annual State Aging Training Conference



Greeting from Chapel Hill, where Christina presented an IMPROVment® workshop at the [NCAOA Annual Training Conference](#) last week. It's thrilling to share this work with new communities.

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

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 by 3/12 for Arts for Health](#)

New student researcher: Ziqi Huang



Welcome Ziqi!

My name is Ziqi Huang (WFU '27). I am from Anhui, China. I am a sophomore at Wake Forest University, majoring in Psychology and minoring in Neuroscience.

Why are you drawn to the work we do in our research? How do you see

I am interested in exploring the connections between art and science. I am heavily involved in the [WFU Theatre Department](#) as an actor, stage manager, and backstage crew, and I value the elements of creative arts, dance, and theater. I wish to learn how to collaborate with different communities in clinical settings. This study will provide me with opportunities to gain hands-on experience working with seniors and will prompt me with insightful research ideas regarding theater and clinical neuroscience.

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

I love working with elderly people and seeing them engage in group work and making new friends. I think this project collaborates clinical neuroscience and dance elements very well, making the workshop accessible across ages and mobilities.

**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

receive our monthly e-letter to learn what's coming next. Hope you'll join us!



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