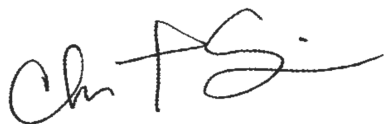


[View this email in your browser](#)**Friends of IMPROVment®,**

August is a busy month for us! Jessie Laurita-Spanglet and I will be hosting an IMPROVment® workshop this Friday for the staff of [Southminster](#) in Charlotte. We still have a few seats available so email me at sorianct@wfu.edu if interested, or contact Tracy McGinnis at tmcginnis@southminster.org to register.

We are also thrilled about our intergenerational dance as a part of the [Music Carolina concert series on Sunday, August 17th at 2pm](#) at the Intergenerational Center for Arts and Wellness. Once again, we're collaborating with the [Piedmont Hot Club](#) to bring the music of Django Reinhardt to life on stage! See info about obtaining tickets [here](#). Some friends you know from class will be participating in the concert!

Classes at Wake Forest start on August 25th so we will look forward to having new students join our IMPROVment® and IGROOVE research study team. Until then, be well and hope to see you in the studio, in CLT or at the Music Carolina concert!



Christina Soriano

Founder/Executive Director of IMPROVment®

improvment.wfu.edu

Movement Workshop in Charlotte August 8

MOVEMENT WORKSHOP


SOUTHMINSTER

All Are Welcome!

Experience movement classes,
pedagogical workshops, and
research presentations.



Come Move With
Us!



Workshop Details:

FRIDAY, AUGUST 8TH, 9AM-5PM

SOUTHMINSTER, Shelton B.

Lunch Provided!

Contact Tracy McGinnis to register: tmcginnis@southminster.org

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Workshop Presenters:

Christina Soriano, MFA is the Reynolds Professor of Dance at Wake Forest University where teaches courses in the dance program as well as interdisciplinary courses like Neuroscience and Dance, which she co-teaches with her neuroscience collaborator, Dr. Christina Hugenschmidt. Together, the Christinas have received generous funding from the National Parkinson Foundation, Blue Cross Blue Shield of NC, and the National Institutes of Health to support their collaborative dance and neuroscience research.



Christina Hugenschmidt, PhD, is the Rebecca E. Shaw Professor and Director of the Memory Counseling Program and Associate Professor of Gerontology and Geriatric Medicine at Wake Forest School of Medicine in the Sticht Center on Healthy Aging and Alzheimer's Prevention. She is a neuroscientist committed to research that maintains dignity and purpose for older adults across the range of physical and cognitive function they experience. She is the principal investigator or co-investigator on NIH-funded and foundation grants investigating the effects of aging on the brain and body.



Jessie Laurita-Spanglet, MFA, is a dance and health practitioner and an artist-educator based in Brunswick, Maine. Jessie has taught courses on the topic of dance and health at Colby College and the University of Southern Maine, where she is currently a Lecturer in the Department of Theater. Jessie was named a 2024 National Arts Strategies Creative Community Fellow: New England, and used her Fellowship to work towards an arts-based social prescribing program for Maine communities.



WAKE FOREST
UNIVERSITY

Visit improvement.wfu.edu to learn more!

FRIDAY, AUGUST 8TH

Southminster, Shelton B

8919 Park Rd, Charlotte, NC

9AM-5PM

Lunch Provided!

Contact Tracy McGinnis to register: tmcginnis@southminster.org

Intergenerational Dance with Hot Jazz at Music Carolina August 17



[Intergenerational Dance with Hot Jazz](#)

featuring choreography by Christina Soriano

Sunday, August 17, 2:00 p.m.

Intergenerational Center for Arts and Wellness

\$12 General Admission/\$5 Ages 6-18

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dance and music as IMPROVment® is featured once again at this annual regional music festival. "International Dance with Hot Jazz" will feature new work by Christina Soriano, with "Gypsy Jazz" performed by The Piedmont Hot Club. See our rehearsal photos above!

Featuring: Brad Cokendolpher, guitar; Martha Bassett, guitar; Pat Lawrence, bass; Gabriel Pelli, violin & guitar

[More about Music Carolina 2025](#)

The Timeless Torches (dance team of the New York Liberty) featured in NYT



The dance team of the New York Liberty, in its 20th year, makes space for dancers who are 40 and over. Their message? Dance! Live a full life. Read about this remarkable group in this week's New York Times.

Please take the the Age Friendly Forsyth survey!



Are you age 60 or more? We want to hear from you!

Imagine a Forsyth County where everyone, at every age, can thrive. A place where our streets are safe, our healthcare is accessible, our community is connected, and our homes support us as we grow older.

This isn't just a dream – it's the vision of Age-Friendly Forsyth!

We believe that the best way to build this future is by listening to YOU. Your experiences, ideas, and insights are invaluable. They help us understand what's working well and where we can do better to ensure Forsyth County truly supports all its residents.

Ready to make a difference?

Scan the QR code to the right to take the 2025 Age-Friendly Forsyth Community Survey.

It's quick, easy, and your confidential responses will inform conversations with service providers and community leaders, helping to make sure Forsyth County is an age friendly community.

Responses will be collected until October 15, 2025.

SCAN HERE



or visit
bit.ly/aff-survey25



Your voice is the key to a more vibrant Forsyth County for generations to come.
Thank you for making a difference!



For questions or to learn more:

Call 336-725-0907 or email affsurvey@seniorservicesinc.org

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community leaders, helping to make sure Forsyth County is an age friendly community. Responses will be collected until October 15, 2025.

[Take the Survey](#)

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