

# MOVEMENT WORKSHOP

  
SOUTHMINSTER

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All Are Welcome!

Experience movement classes,  
pedagogical workshops, and  
research presentations.



Come Move With  
Us!



**improvement<sup>®</sup>**  
*improvisational movement for brain body health*

Workshop Details:

**FRIDAY, AUGUST 8TH, 9AM-5PM**

SOUTHMINSTER, Shelton B.

Lunch Provided!

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Contact Tracy McGinnis to register: [tmcginnis@southminster.org](mailto:tmcginnis@southminster.org)

# 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.



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