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Friends of IMPROVment®,

I hope this email finds you well as the summer winds down. As the Fall semester at Wake Forest is well underway, I am nostalgic of and remain inspired by the cast who performed in our intergenerational music and dance performance as part of the [Music Carolina](#) concert series. See pictures below! Thank you to the beautiful performers involved in that project and my immense gratitude to those of you who were able to attend the performance! If you missed it, you can find a [recording](#) of the performance on our website.

Also in August, Jessie Laurita-Spanglet and I had a great experience sharing our IMPROVment® training workshop in Charlotte with the staff of [Southminster](#) as well as colleagues from [Memory Movement](#).

We hope to see you in class soon - Tuesdays at 2:30!

Christina Soriano

Founder/Executive Director of IMPROVment®

improvement.wfu.edu

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Music Carolina Performance



[Watch documentation of the performance,](#)
[by WFU Doc Film student Naz Sayari Marcum](#)

The annual [Music Carolina SummerFest](#) featured our performance "International Dance with Hot Jazz," a new choreographic work by Christina Soriano, with "Gypsy Jazz" performed by The Piedmont Hot Club.

IMPROVment® Training at Southminster



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We had a wonderful training experience working with staff from [Southminster](#) in conjunction with [Memory & Movement Charlotte](#).

Join the IGROOVE study



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fitness and brain health. The study will include people who are concerned about their memory but have not been diagnosed with memory loss.

Interested volunteers must be willing to attend in-person study sessions in Winston-Salem. Study team will discuss study details with you.

[Join the IGROOVE study](#)

Arts and Health Symposium - February 2026

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Arts, Health Care, & Humanities in Action

Save the Date:
February 13, 2026

8:30am - 5pm

Intergenerational Center for Arts and Wellness
114 30th St, Winston-Salem, NC 27105



Keynote Speaker
Aly Maier Lokuta

Assistant Vice President, Arts & Well-Being
New Jersey Performing Arts Center

njpac

- Help envision a future where the arts and humanities support healthcare in Forsyth County.
- Learn how intersections of the arts, health-care, and the humanities helped pilot an Arts on Prescription Program in Forsyth County that can scale to enrich more communities in NC.



If interested in attending the **Arts, Health Care & Humanities in Action Symposium**, please contact Christina Soriano (sorianct@wfu.edu) for an invitation.

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

Take the 2025 Age-Friendly Forsyth Community Survey. It's quick, easy, and your confidential responses will inform conversations with service providers and

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