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Friends of IMPROVment®,

Happy November! I hope you all have exciting Thanksgiving plans ahead.

In this newsletter, we want to highlight a couple of exciting events we think you will enjoy! At my end, I'll be in Boston later this week, teaching an IMPROVment® workshop at the Gerontology Society of America's annual meeting on Thursday, November 13th. But before that, we will have class on Veterans Day; Tuesday, Nov. 11th, so please come and join me. Perhaps you can bring a friend!

Until then, be well!

Christina Soriano

Founder/Executive Director of IMPROVment®

improvment.wfu.edu

Tuesday Community Class



Our Tuesday classes are always a lot of fun. Join our free IMPROVment® Community Dance Class [every Tuesday at 2:30](#) at the Intergenerational Center for Arts and Wellness. Contact Christina Soriano at sorianct@wfu.edu if you have any questions!

Wednesday, November 12: National Retired Communities Debate League

National Retired Communities Debate League

**Topic: Resolved: The United States should
repeal the Second Amendment to the
Constitution.**

Date: November 12, 2025

Time: 7:00 pm

**Location: Kulynych Auditorium at the
Porter Byrum Welcome Center
Wake Forest University**

**Salemtowne,
Winston
Salem**

VS

**Abbotswood,
Greensboro**



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Debate Program

Thursday, November 13: IMPROVment® Movement Workshop at Gerontology Society of America

MOVEMENT WORKSHOP



All are welcome!

Experience an intergenerational IMPROVment® class with curricular structure and planning guidelines and a research presentation that will demonstrate our intervention design in scientific studies.



Workshop Details:

THURSDAY, NOVEMBER 13, 8AM-12PM
Sheraton - Commonwealth Room



Christina Soriano, MFA, MBA is the Reynolds Professor of Dance at Wake Forest University where she 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.



Visit improvement.wfu.edu to learn more!

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intervention design in scientific studies.
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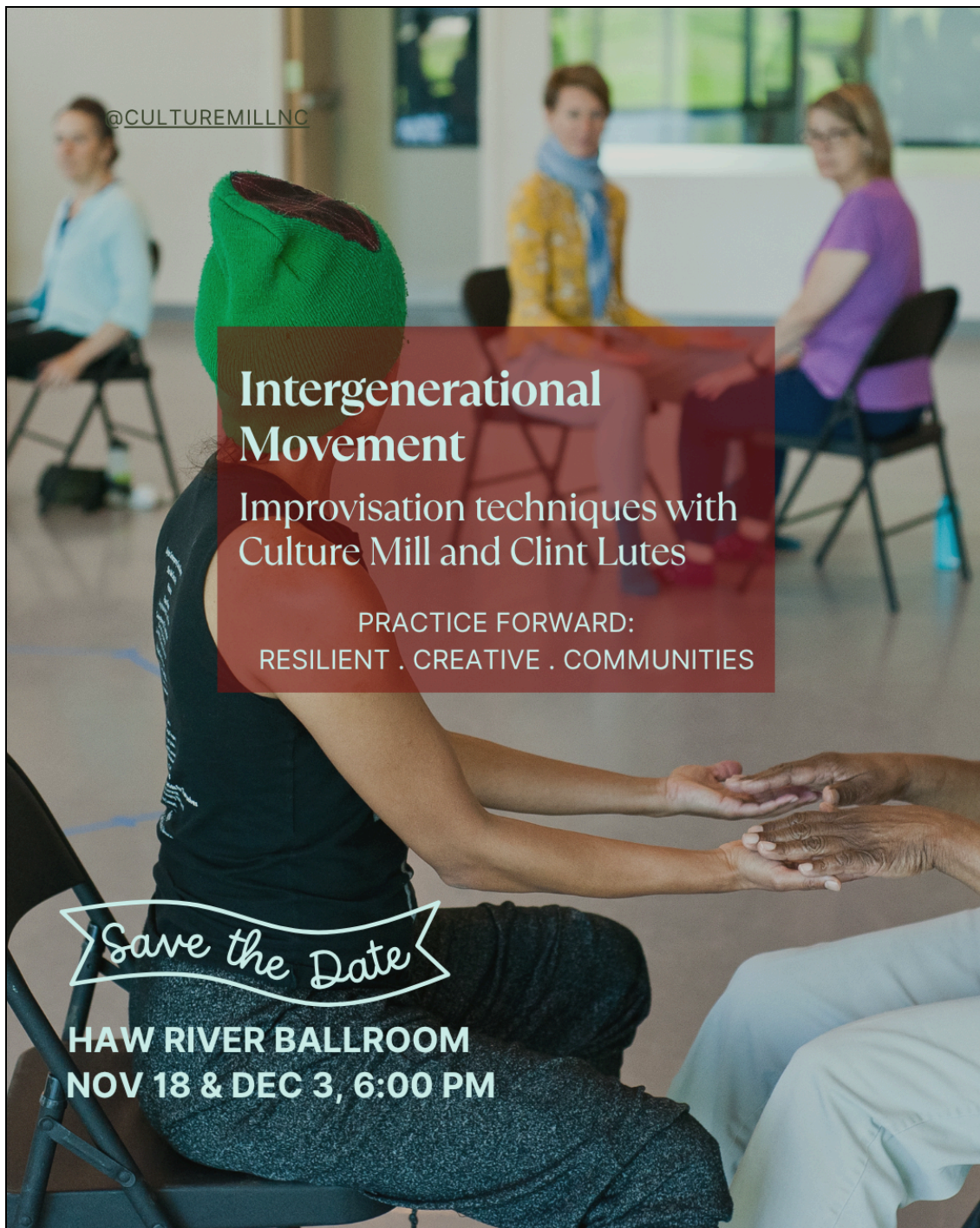
Thursday, November 13

8am-12pm

Sheraton - Commonwealth Room

39 Dalton St, Boston, MA 02199

**November 18 / December 3:
Intergenerational Movement in Durham**



@CULTUREMILLNC

Intergenerational Movement

Improvisation techniques with
Culture Mill and Clint Lutes

PRACTICE FORWARD:
RESILIENT . CREATIVE . COMMUNITIES

Save the Date

HAW RIVER BALLROOM
NOV 18 & DEC 3, 6:00 PM

Join us at the Haw River Ballroom on November 18th and December 3rd!

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