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Friends of IMPROVment®,

Happy Thanksgiving! You may be somebody who comes to our in-person classes on Tuesday (and you may not be!). Either way, I wanted to share that I'm teaching a class with [Vivo](#) on Monday, December 1st. Vivo is a strength-focused fitness program designed for older adults who want to stay independent, active, and capable. Grounded in [science](#) and led by certified trainers, Vivo offers live, small-group personal training classes that are engaging, effective, and fun – all at a [fraction of the cost](#) of a private trainer.

I hope I'll see you there! Please see the flyer below.

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

Christina Soriano

Founder/Executive Director of IMPROVment®

improvement.wfu.edu

December 1: Community IMPROVment® Class with Vivo



Join Our Community IMPROVment® Class December 1st at 6p ET



Experience IMPROVment®, an improvisational movement class designed to encourage joyful and judgement-free movement and improve mobility, balance, cognition, and quality of life.

Paired with fun music and in a supportive environment, the IMPROVment® class will begin with seated chair exercises and move towards standing and locomoting exercises as well.

To register: <https://teamvivo.com/vivo-dance-dec1>



[Register here](#)

December 3: Intergenerational Movement in Durham



Also, join us at the Haw River Ballroom on December 3rd!

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