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Friends of IMPROVment®,

We'll see you at class today (Tuesday, March 3, 2026)! Next week, class will be canceled due to Wake Forest University's Spring Break.

Warmly,

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

Christina Soriano

Founder/Executive Director of IMPROVment®

improvement.wfu.edu

**Arts, Health Care, and Humanities
in Action**



On February 13, artists, scholars, clinicians, service organizations, community members and funders gathered to drum, dance and reframe community conversations about the arts and health. More than 200 presenters, panelists and participants gathered at the [Intergenerational Center for Arts and Wellness](#) in Winston-Salem for a day-long collaborative symposium.

[Read about the Symposium](#)

[Photos from the Symposium](#)

Wednesday, March 4: Susan Magsaman

The Gambrell Foundation Author Series



SESSION 001

**03.
04.
2026
6:30 PM**



Susan Magsamen

Co-author of *Your Brain on Art: How the Arts Transform Us*

📍 The Gambrell Center at Queens University

2319 Wellesley Ave, Charlotte, NC 28274

CHARLOTTE MECKLENBURG
LIBRARY

GAMBRELL
CENTER

ally

In Partnership with **Charlotte Mecklenburg Library** and supported by **Queens University of Charlotte** and **Ally Financial**

Join us this Wednesday, March 4, for an evening with Susan Magsamen, as part of The Gambrell Foundation's Author Series, in partnership with the Charlotte Mecklenburg Library. Magsamen, co-author of *Your Brain on Art: How the Arts Transform Us*, will be in conversation with Charlotte Is Creative co-founder Matt Olin.

Her groundbreaking research demonstrates how the arts deliver measurable outcomes: reducing stress hormones in 45 minutes, building cognitive skills and addressing public health concerns from loneliness to dementia. This represents a paradigm shift in how the arts are seen and used -- positioning them not as

[More information and tickets](#)

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