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## Friends of IMPROVment®,

Though the weather keeps waffling between warm and cold temps, the flowers that have sprouted affirm that spring is here in Winston-Salem. As a change in season is upon us, it feels fitting to share that our [IGROOVE](#) research study (our 5-year study about how movement can impact brain health, memory, and cardiovascular fitness in older adults) has enrolled its last cohort.

It's hard to believe the intervention portion of this National Institute of Aging-funded clinical trial will offer its final class in July this year. After that, we get to start assessing our data! That said, we want to remind you that our [community classes](#) continue regularly each Tuesday at 2:30pm at the Generations Center.

As April approaches, we are thrilled to start our Arts on Prescription collaboration with Southminster Continuing Care Retirement Community in Charlotte. Read more about that below.

We also wanted to share some exciting news from a dear member of our community, Brenda Hunter. Brenda has published her new book, [Intentional Aging!](#) See more info below! Congratulations to Brenda on this incredible achievement.

Warmly,

*Christina Soriano*  
Founder/Executive Director of IMPROVment®  
[improvement.wfu.edu](http://improvement.wfu.edu)

## Pilot Study featured in Aging in America News

# AGING IN AMERICA NEWS

Reinventing care for older Americans, one story at a time

*About Investment Manifesto Policy Portrait Technology Workforce*



*Portrait*

## What is Social Prescribing?

Our Arts on Prescription pilot was cited in a recent article on social prescribing published in [Aging in America News](http://Aging in America News). Their website aims to map the current social prescribing pilots across the country.

## Wake Forest University Neuroarts Lab partners with Southminster to study creativity and aging



# S O U T H M I N S T E R

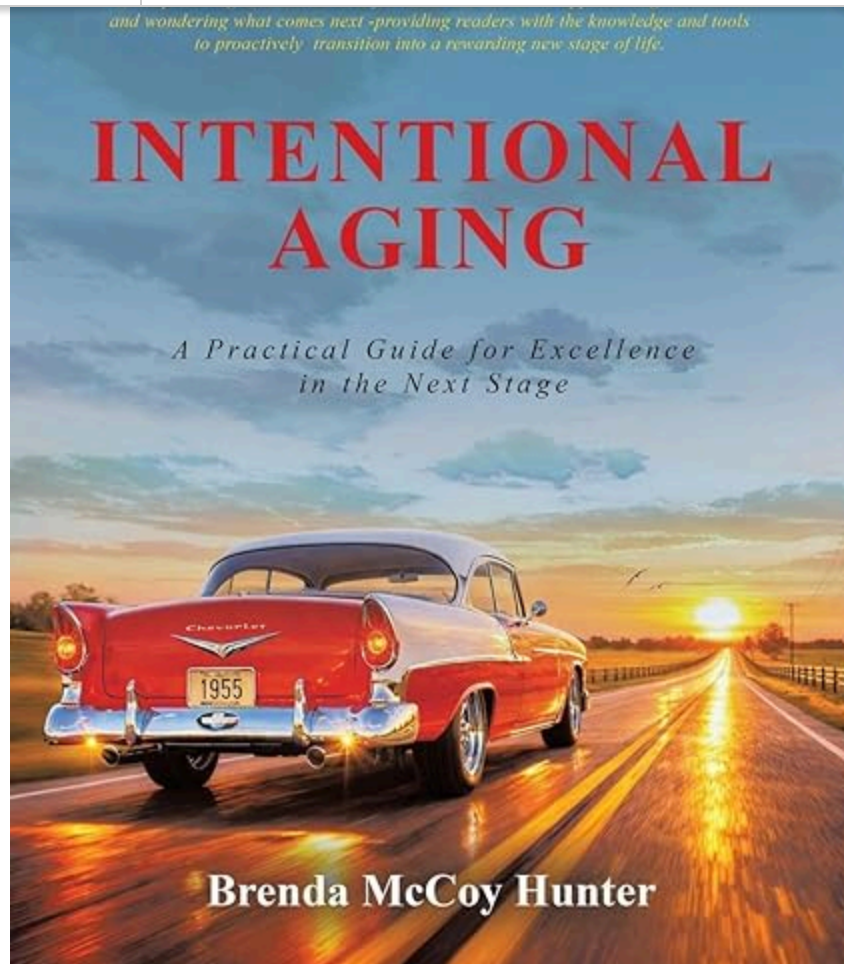
Wake Forest University's new [Neuroarts Lab](#) is embracing an opportunity to become a national leader in arts-integrated wellness within continuous care retirement communities, partnering with Southminster and Lifetime Arts to pilot the Creative Aging on Prescription initiative.

The pilot will test and document how “prescribing” participation in arts, culture and community programs can be effective medicine. The initiative will build on research showing that arts participation supports mental health, reduces loneliness, improves cognitive functioning and fosters social connection among older populations.

[Read the article](#)

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**New Book from Brenda Hunter**



Brenda Hunter, one of our valued partners, has recently published a short book on intentional aging. If you're nearing or even past retirement, the next stage can be the best. Not planning can turn into a bitter experience. Learn how to make it great! We have more energy and skills than our predecessors. After the proverbial smoke settles on your best days after retirement or that long-awaited vacation is in the rear-view mirror, you can develop plans to make a difference and be the change you seek.

[Order the book](#)

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