

""Twitter handle (and profile name): IMPROVmentus (IMPROVment.us)

Twitter description: IMPROVment is improvisational movement for brain and body health. We have ongoing weekly classes in Winston Salem - join us!

Description of the organization from a third party source: "IMPROVment® is an integrative movement method that emphasizes physical and mental fitness by encouraging our participants to create their own movement in response to multiple auditory prompts. At the core of this practice is the liberating idea that an infinite number of movement ideas can emerge from a single cue. There are no "wrong" movement choices. Class participants take chances in an atmosphere free from judgment or preconceived notions of what dance should look like."

Scraped text from their home page of their website: Titles: NA

Headings: NA

Paragraphs: NA

Scraped text from their about page of their website: Titles: NA

Headings: NA

Paragraphs: NA

Scraped text from their mission page of their website: Titles: NA

Headings: NA

Paragraphs: NA

Scraped text from their history page of their website: Titles: NA

Headings: NA

Paragraphs: NA

Summaries of Links: No information about links given. ""