



STAY SHARP. STAY STEADY. STAY INDEPENDENT

## RGM: Brain-Body Fitness for Lifelong Vitality



### Move. Think. Connect.

**RGM** is an engaging dual-task training program that combines rhythm, movement, music, and thinking – all at the same time.

**DUAL-TASK TRAINING** challenges your brain and body together – strengthening memory, focus, balance, and coordination. Research shows that combining movement with thinking increases healthy blood flow to the brain and builds new neural connections that support memory and clear thinking over time.

**DAY:** Monday Afternoons

**TIME:** 2pm - 3pm

**LOCATION:**

Hillcrest Senior Living - Meeting Room  
2705 Mountain View Dr.  
La Verne, CA 91750

### SPRING SESSION

- 1 April 6, 2026
- 2 April 13, 2026
- 3 April 20, 2026
- 4 April 27, 2026
- 5 May 4, 2026
- 6 May 11, 2026



### INFO & REGISTRATION

Scan QR Code, or  
**CLICK TO REGISTER**

*Paper Registration Forms Available In-Person*