# STAY SHARP. STAY STEADY. STAY INDEPENDENT

## RGM: Brain-Body Fitness for Lifelong Vitality



Ronnie Gardiner Method

### 6-WEEK SESSION

**Mondays @ 2pm-3pm**

**Hillcrest Senior Living**
Meeting Room

2705 Mountain View Dr.
La Verne, CA 91750

1. January 11, 2027
2. January 25, 2027
3. February 1, 2027
4. February 8, 2027
5. February 22, 2027
6. March 1, 2027

### 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.

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

*Paper Registration Forms Available In-Person*

STOWELL Learning Center

StowellCenter.com/RGM