

## Playing piano trains your brain.

Studies have shown that learning something new as an adult helps keep your brain young and healthy.

Piano playing, specifically, also improves hand-eye coordination.

## Learn to express yourself.

In a world with work, family, housework, homework, yardwork, committees and PTA, you may find your own interests and hobbies take a back seat. Creativity may feel nonexistent. When you learn to play the piano, you'll find it's a perfect companion for expressing yourself, whatever your mood may be.

## Playing piano is a terrific stress reliever.

Got a busy life? Listening to and playing music can provide great stress relief.

## It's easy to get started.

Unlike many instruments, you don't need anything expensive to begin learning to play the piano. A simple, inexpensive, 5-octave keyboard will do the trick. The keyboard is the only instrument you need.

## Piano can be a solo instrument, an accompaniment instrument, and a rhythm instrument.

You can play on your own, to back up a friend who's singing or playing an instrument, or you can play supporting chords and rhythms in a band.

## The piano is so versatile!

Playing piano will allow you to take part in music with others, whether you start jamming on the blues with some of your friends or you join your church's worship team.

Playing music with others is like being part of a great conversation — deep, expressive, and fun!

## Playing piano can fulfill a dream.

So many people I talk to — from teenagers to adults to seniors — tell me, with a longing expression, that they wish they could play piano. As if it's too late!

## It's never too late.

If playing piano is a dream for you, you can make it a reality.

## Music appreciation is a side benefit!

You'll be astounded by how much more you notice about the music you regularly listen to when you start to learn music yourself.

It's as if a whole new world has opened up for you — and it has! You'll find inspiration for your playing everywhere!

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