



***It's Easy!***  
***It's Fun!***  
***It's Family!***



**LOWREY**  
Bringing People Together with Music



# Music Makers May Be Healthier

The hobby of recreational music making can bring much more than music into your life. Recent scientific findings show that music making may actually help make active older Americans healthier. The Music Making and Wellness Project, a joint study effort by six universities, demonstrates that group organ classes given to older Americans had significant effects on increasing levels of human growth hormone. Increasing the level of human growth hormone (HGH) can have a positive impact on such aging phenomena as osteoporosis, energy levels, wrinkling, muscle mass, and aches and pains. Additionally, the same study showed significant decreases in anxiety, depression, and feelings of loneliness—three factors that are critical in coping with stress, stimulating the immune system, and improving health.

The study further suggests that older people involved in organ classes experienced...

- Decreased levels of anxiety
- Decreased depression
- Decreased feelings of loneliness

Furthermore, making music may significantly improve quality of life and feelings of well-being. Making music helps people relax, feel better and deal positively with stress. Making music may also enhance the immune system function and help fight disease.

These startling findings are the result of a study undertaken jointly by the Universities of Miami, South Florida, Kansas, Western Michigan, Michigan State, and the Karolinska Medical Institute in Sweden. 130 retired people were examined in this landmark effort that links learning to make music with wellness.

## Music Making May Help Prevent Alzheimer's

In another music-related study, published in the *New England Journal of Medicine* (June 19, 2003) a team of researchers, lead by Joe Verghese, M.D., reported that participation in leisure activities may lower the risk of developing certain forms of dementia, including Alzheimer's, among older adults. The team studied a group of 469 people, 75 years of age and older, who did not exhibit any forms of dementia. The group was surveyed for a period of five years, during which the frequency and type of leisure activities were measured. Among the leisure activities, reading, playing board games, playing a musical instrument and dancing were connected with a reduction in the risk of dementia. Overall, the research team discovered that those regularly participating in leisure activities may experience up to a 63 percent reduction in risk for dementia, with those being most active having the lowest risk.



***"We now feel very strongly that abundant health benefits can be achieved by older people learning to play music in a supportive, socially-enjoyable setting."***



Dr. Ted Tims  
Principal Investigator  
Music Making & Wellness Project  
Professor & Chair of Music Therapy  
Michigan State University

***"The fact is that the capacity to learn music remains viable throughout life and research indicates that older adults retain their musical abilities."***



Dr. Alicia Clair  
Director of Music Therapy  
University of Kansas

***"We are just beginning to understand the many ways that active involvement with group music making improves and strengthens cognitive, physical, and psychological functioning at any age."***



Kay Roskam, Ph.D., MT-BC  
Director of Music Therapy  
Chapman University-California

## Discover a Fun-Filled Hobby!

The hobby of recreational music making, the playing of music for fun and relaxation, is open to all music lovers. You don't have to be a musician or have any music background at all to get started.

Maybe you took some music lessons in the past, or maybe you always wished you could play but never had the opportunity to try. With the Lowrey Magic Organ Course, making music is easy and fun for those with some experience and for those who have never played before.

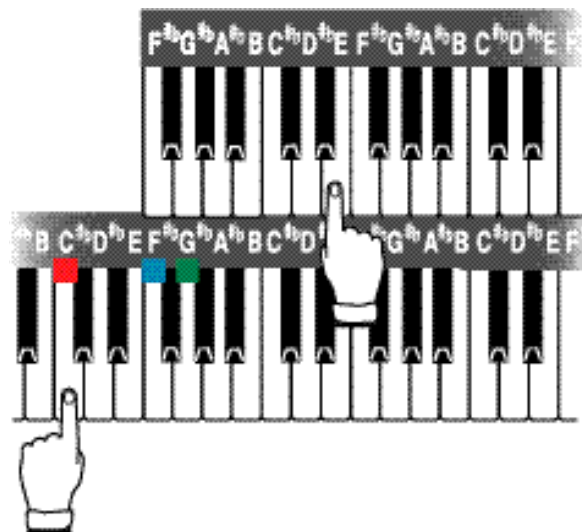
Designed exclusively for adults, the Lowrey Magic Organ Course will show you the joy and sense of satisfaction that making music can bring to your life. It's so easy that you will play a complete song after the very first class!

### How can it be so easy?

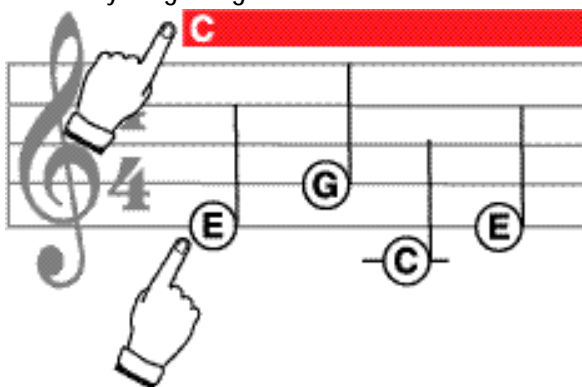
Lowrey, the long-time leader in easy-to-play instruments, has harnessed the power of technology to create a wide range of features that make recreational music making possible for everyone. These Lowrey innovations, combined with easy-play music methods developed by Lowrey and used in the Lowrey Magic Organ classes, create an easy and fun way to make music.

Just one example of Lowrey's numerous easy-play innovations is the way in which each key

on the organ is labeled to match the music in the Lowrey Magic Organ Course, so that finding the right note to play is easy. The color-coded note bar above the music matches the color of the key to play on the organ, which will magically play a full-sounding chord, using just one finger.



Every Lowrey organ features clearly-labeled keys and color-coded chords that fully integrate the organ with the Lowrey Magic Organ Course.



E-Z Play Music<sup>1</sup> used in the Lowrey Magic Organ Course is clearly labeled to make finding the right notes to play effortless.

<sup>1</sup>E-Z Play is registered trademark of Hal Leonard Corporation

## Join a Community of Recreational Music Makers

- Discover a fun new hobby
- Meet new people
- Attend fun events
- Make new friends
- Share ideas
- Swap stories with others
- Invigorate the mind and body
- Laugh and have some fun

*"We're learning a new hobby in our Lowrey class and having a ball!"*



## Lowrey "Wellness Enhanced" organ classes are now forming.

To find the authorized Lowrey class provider nearest you...

Visit [www.lowrey.com](http://www.lowrey.com)

email [questions@lowrey.com](mailto:questions@lowrey.com)

call 800-451-5939 ext 210, 229 or 231