



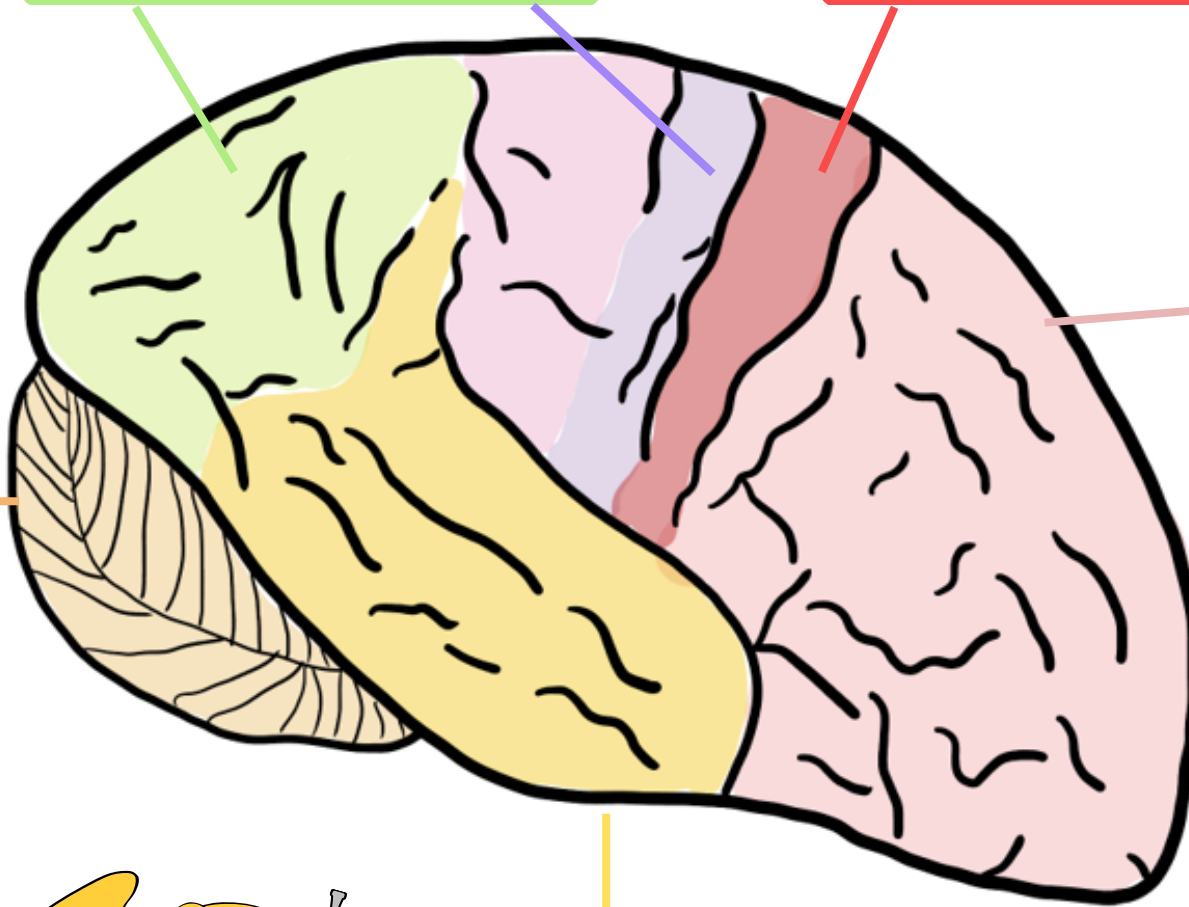
**Visual and Sensory Cortex:**

Your senses of hearing and sight are stimulated when playing an instrument.

**Motor Cortex:** Musicians have larger motor cortices than non-musicians, playing an instrument involves fine tuning of motor skills.

**Frontal Lobe:**

Spending time practising an instrument is also dedicating time to practising concentration and so by learning a musical instrument, concentration will in turn improve.



**Temporal Lobe:** Learning to play an instrument can improve your memory abilities, it can also help to preserve memory in older adults and reduce the risk of Alzheimer's Disease.

**Cerebellum:** Playing a musical instrument helps to improve your coordination.

