

It's never too late to begin. It's never too early to start.™

ageless *Grace*®



Timeless Fitness
for the Body & Mind

Ageless Grace® Anti-Aging Exercises Almost Anyone Can Do

The **Ageless Grace®** program—**21 Simple Tools for Lifelong Comfort and Ease**—can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic—there's no need to learn any special choreography.

Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. The easy-to-learn Tools of **Ageless Grace®** promote the "Three Rs" of lifelong comfort and ease—not reading, 'riting and 'rithmetic—but the ability to respond, recover and react efficiently and safely.

For more information about Ageless Grace®, please visit www.agelessgrace.com.



*Denise Medved, founder and creator of the **Ageless Grace®** program, is a 1st Degree Black Belt Nia™ Instructor and was an International Nia™ Trainer for 15 years; she is an AFAA certified personal trainer, an international presenter and speaker, and author of The Ageless Grace® Playbook.*

The Ageless Grace® Program is ideal for:

- **Anyone who would like to stay youthful and vibrant.**
- **All fitness professionals who work with seniors and special populations, including those with physical limitations.**
- **Caregivers (professional or family members) who work with these special populations and want to provide ease of movement to their clients and/or loved ones.**

Learn how you can apply the benefits of the Ageless Grace® program for your students, your clients, your loved ones, and yourself!

To order the complete **Ageless Grace®** set, which includes *The Ageless Grace® Playbook*, a set of three DVDs, and a set of flashcards, visit **www.agelessgrace.com**, and click on "Products."

For a limited time, the publisher is offering the complete set for only \$75, with free shipping!



To find a Certified Ageless Grace® Educator in your area, visit "Find an Educator," at **www.agelessgrace.com**.

To learn how you can become a Certified Ageless Grace® Educator, visit the "Certification" page at **www.agelessgrace.com**.