

## Ageless Grace® Renew, Refresh and Retreat Trainer Session Schedule

These are the only sessions Trainers are required to attend. Weather permitting, some of the lunch sessions will be outdoors for a nice break.

### Thursday June 23

**9am-1230pm** ***Educator Recertification Workshop*** – Trainer training for the NEW Recertification Workshop. Free for Trainers to attend.

**1230-3pm** ***Trainer Lunch Workshop***

**1-230pm** ***Trainer Ann Adams, The Future of Ageless Grace***

Bring 3 ideas/requests/suggestions for what you think would be most helpful to support your success as a Trainer in the future

*Ann Adams is a teacher, coach, community volunteer, gardener, Nia white belt, Ageless Grace Educator and Trainer, mother, and grandmother. Bridging a corporate career and 'some-future-day' retirement, she currently works on a consulting basis with small businesses and non-profit organizations – providing general business consulting, strategy development and serving for-profit and non-profit boards. In addition to Strategic Planning coaching and facilitation, Ann also teaches management development courses in Critical Thinking/Decision Making and Finance for Non-Financial Managers in addition to promoting Ageless Grace in the Louisville area.*

### Friday June 24

**830-930am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***  
Trainers will lead the Tools and discussion

**12-230pm** ***Trainer Lunch Workshop***

**1-230pm** ***Brandi Hand & Casaundra Bennett, Marketing Opportunities to Help Your Ageless Grace Business Grow***

Review of resources Ageless Grace is making available to you that you may not know about already plus Q&A

*Brandi Hand, Ageless Grace Marketing and Social Media Director, is the founder and owner of Flutter Communications, an online marketing, social media, and search engine optimization company. Brandi has a Bachelor of Arts in Mass Communications, with concentration in Public Relations and a minor in History, from Louisiana State University. Brandi has worked in communications on local, national, and international levels.*

*Casaundra Bennett is director of the Ageless Grace Online Academy and publisher at Purple Iris Press. She develops and teaches courses in creative writing, memoir, therapeutic writing, art and spirituality, including developing online courses.*

### Saturday June 25

**830-930am** ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***  
Trainers will lead the Tools and discussion

1130am-2pm  
12-2pm

**Trainer Lunch Workshop**

**Trainers Sandy Bramlett, Peggy Kinst, Barbara Kunz, Laura Olinger & Lana Gelb (via video), Building Relationships to Build Your Business**

Covering networking, building relationships with municipalities and national organizations, grant funding, working with special needs groups, CE credits  
**PLEASE COME WITH INPUT OF YOUR OWN ABOUT NETWORKING AND MARKETING IDEAS YOU HAVE FOUND EFFECTIVE FOR YOUR AGELESS GRACE BUSINESS AS A TRAINER**

**Sandy Bramlett, M. Ed**, lives in the Atlanta Metro area and is a Certified Ageless Grace Educator/Trainer, Certified in Community Exercise for People with Parkinson's Disease by MDT Education Solutions, PD Gladiators Approved Ageless Grace Educator, Certified SilverSneakers FLEX Ageless Grace Educator.

**Peggy Kinst** is an International Trainer/Educator for Ageless Grace and Conference Presenter addressing Neuroscience, Movement, Mindfulness & Music - How to become and stay functionally youthful. She has been a Wellness Specialist for over 45 years educating others in Fitness, Healthy Eating, Relaxation Techniques, Personality and Stress Management.

**Barbara Kunz**, Ageless Grace Trainer and Educator, lives in London, Ontario. She comes from a sales and marketing background and worked in corporate information technology in the healthcare industry. She is very involved in her community fundraising for Ovarian Cancer Research and on the Executive Committee for the Creative Age Festival.

**Laura Olinger**, Ageless Grace Trainer and Educator from Boulder, Colorado, has held trainings in Colorado and Arizona and is hoping to continue expanding in the Western US, and Spain! She has been featured in local newspapers, teaches a variety of classes and specialties for the Senior Centers and City of Boulder Expand programs, most of which were inspired by Ageless Grace and have increased local interest in her trainings. She is also certified in SilverSneakers programs and is teaching FLEX classes.

**Lana Gelb**, Ageless Grace Trainer and Educator living Pembroke Pines, Florida, is President of Good Vibes Consultants and has been a Wellness Consultant and Personal Trainer in S. Florida for the past 27 years. She has a Bachelor's degree in Education and a Master's degree in Wellness Promotion, is a Registered Somatic Movement Therapist. Lana teaches and lectures internationally. She is an ACE Continuing Education Provider.

6-8pm

**Trainer Wrap-Up Dinner (to be held at a quiet, private location)**

**With Denise Medved and Administrative Assistants Lia Barth & Jill Hill**

Administrative update, website changes, planning the Trainer Retreat at Trainer Helen Terry's Soma Ranch in Montgomery, TX

Sunday June 26

830-9am

**Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators**

Trainers will lead the Tools and discussion