

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



**Timeless Fitness  
for the Body & Brain**

## 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](http://www.agelessgrace.com)**



*Kathy Woods is a self-proclaimed Champion for Joy. Her life has been filled with energetic discovery and exploration of movement and dance — teaching in studios, gyms, schools, at arts camps, in continuing education and high school environments. Never a guru, but rather a guide on the side. She has designed and produced seminars and workshops, created movement programs, coached other dance teachers and trained and supported Ageless Grace Educators.*

## The Ageless Grace® Program is ideal for:

Anyone who would like to stay youthful and vibrant.

All fitness professionals 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.

### For Ageless Grace Educators Only

## Ageless Grace® Re-Certification Workshop

**Friday, April 28, 2017 12:30-4:00**

(break included – bring a snack & water for yourself)

\$50 Workshop – Register & pay online

<http://agelessgrace.com/training-events/indianapolis-april-28-2017-current-educators/>

**Please register by April 14. REGISTER & PAY ONLINE AT:**

**[www.agelessgrace.com](http://www.agelessgrace.com)** Go to "Training" then "Re-Certification" then "April 28 - Indianapolis, Indiana"

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