

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)**



*Karen Haseley has been a Certified Therapeutic Recreation Specialist for 29+ years and has worked with individuals of all ages and abilities. She became an Ageless Grace Educator in 2013 and a trainer in 2015. She is the CTRS for the City of Greenbelt and is a graduate of the Neuroscience Academy with Dr. Sarah McKay.*

## 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.

### Ageless Grace® Educator Recertification

**Sunday, May 21, 1:00pm-4:30pm**

**Review of the 21 Tools  
Discuss & share info on Neuroplasticity,  
Marketing & Music**

**\$50.00 pre-register at  
[www.agelessgrace.com](http://www.agelessgrace.com) by May 10, 2017**

**Required to maintain Educator Certification**

### LOCATION:

City of Greenbelt  
Administration Building  
25 Crescent Road  
Greenbelt, MD 20770

For more information  
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**REGISTER ONLINE:** [www.agelessgrace.com](http://www.agelessgrace.com) Go to the "Training" then "Training Schedule"