

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

ageless *Grace*®



**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.

Based on the science of neuroplasticity, all the 21 Tools stimulate and utilize the 5 areas of the brain – Strategic, Memory/Recall, Analytical, Creativity/Imagination and Kinesthetic Learning.

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.

Educator Re-certification

Friday, March 24, 2017 ~ 6:00pm-9:30pm

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

**\$50.00 pre-register with Barbara
by March 10, 2017**

**Required to maintain Educator Certification
Fee in Canadian funds.**

Location

**Chartwell Royalcliffe
Retirement Residence
609 Wharncliffe Road South
London, Ontario
N6J 0A4**



**Taught by: Barbara Kunz
Ageless Grace Trainer
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Ageless Grace® is an exercise program for the brain and body, done in a chair to lively, fun, upbeat music.