

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)**



*I have been an Ageless Grace Educator soon to be 3 years now. I have been an Ageless Grace trainer over a year. I have been in the wellness field over 25 years now and am certified in many other modalities. The Ageless Grace program is the best of the best and has limitless possibilities for everyone!*

## 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® Events for Personal Practice and Certification

**Location: 14703 Eagle Vista Dr.  
Houston, TX 77077**

**Personal Practice Seminar** – *Learn to include Ageless Grace in your daily life!*  
Saturday, October 14: 9:00am-1:00pm \$55 Seminar Only

**Educator Re-certification: Friday, October 13: 2:00pm-5:30pm \$50**

**Educator Certification** – *Become certified to teach Ageless Grace (includes DVDs, book & cards)*

Saturday, October 14: 9:00am-9:00pm

**AND** Sunday, October 15: 9:00am-1:00pm \$380

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

**Please register by: October 1** **Questions?** Contact: Shirley Woods 713-252-2881 or [droppsy@aol.com](mailto:droppsy@aol.com)