

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

ageless *Grace*<sup>®</sup>



Timeless Fitness  
for the Body & Brain<sup>™</sup>

## Ageless Grace<sup>®</sup> Anti-Aging Exercises Almost Anyone Can Do!

The Ageless Grace<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>, please visit  
[www.agelessgrace.com](http://www.agelessgrace.com)



*Denise Medved, founder and creator of the Ageless Grace<sup>®</sup> program, is a 1st Degree Black Belt Nia Instructor and was an international Nia Trainer for 15 years; she is an AFAA certified personal trainer, an international presenter and speaker, and author of the Ageless Grace<sup>®</sup> Playbook.*

The Ageless Grace<sup>®</sup>  
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<sup>®</sup> Events for Personal Practice and Certification

Location for Events: Carolina Village Care Center, Magnolia Room, Hendersonville, NC

**Personal Practice Seminar** – *Learn to include Ageless Grace in your daily life!*  
Friday, 10/6/17, 9:00am - 1:00pm, \$55 for Seminar Only (required for Certification)

**Educator Certification** – *Become certified to teach Ageless Grace*  
Friday, 10/6/17 9:00am - 5:30pm AND Saturday, 10/7/17, 9:00am - 5:30pm  
Certification fee: \$380 - includes training materials (book, DVDs & cards) & lunch both days

**Public Class** – Friday, 10/6/17 10:30 – 11:00am, FREE!

**REGISTER:** <http://agelessgrace.com/training-events/hendersonville-nc-october-6-7-2017/>

**For more information contact: Lia Barth at [lia@agelessgrace.com](mailto:lia@agelessgrace.com)**