

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

ageless *Grace*[®]



**Timeless Fitness
for the Body & Brain[™]**

Ageless Grace[®] Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace[®] Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace[®], the ability to respond, react and recover.

For more information, please visit: www.agelessgrace.com



Anita Pulie and Jane Taylor work together as Ageless Grace[®] Educators and Trainers at Love To Move. "With our combined backgrounds in nursing, education, fitness and music, our desire is to bring movement and music, fun, creativity, brain and body health and wellbeing to all people, no matter what their age or mobility level, through Ageless Grace[®]"

**The Ageless Grace[®] Program
is ideal for:**

**Anyone who wants to stay
cognitively fit and vibrant
through stimulation of
neuroplasticity**

**All health and fitness
professionals desiring
brain health skills
on their resume**

**Special populations,
including those with
physical or mental
limitations**

**Caregivers working with
special populations**

Ageless Grace[®] Seminar and Certification

Saturday and Sunday, August 12th & 13th 2017
Personal Practice Seminar Saturday 9am-1pm (required for Certification)
Educator Certification Saturday 9am - 5pm, and 9am - 4:30pm Sunday
Hornsby Heights, Sydney (venue TBC)
\$AU75 for Seminar only, \$AUD445 for Certification
plus \$90 for materials (Book, DVDs and Cards)

Please register by August 8th 2017

To Register or Ask Questions? Contact Anita or Jane: 0448 820 931 0404 070 830
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www.agelessgrace.com.au