

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

ageless *Grace*®



Timeless Fitness
for the Body & Mind

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.



Denise Medved, founder and creator of the **Ageless Grace®** 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® Playbook*.

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.

Ageless Grace® Training for Personal Practice & Certification in January 2016

Location: Naples Premier Memory Care Community

Bayshore Memory Care 1260 Creekside Boulevard East, Naples, FL 34109

Ageless Grace® Personal Practice Seminar (A 4-hour introduction and overview)

Thurs. January 21, 5pm – 9pm - Cost: \$55 (\$30 with Certification)

Ageless Grace® Certification (For anyone who wants to teach, no experience needed)

Fri: Jan 22, 4:00pm - 8:00pm Sat. Jan 23, 8:30am - 6:30pm - Cost: \$350

Online registration: <http://agelessgrace.com/schedule>

Special* as part of this training only - Critically acclaimed author, internationally recognized speaker - **John Baumann** - presenting on Life with Parkinson's

Public Classes: Fri Jan 22: 7:00-7:30pm & Sat: Jan 23: 12:30-1:00pm – Come experience a class!

For more info contact Host: Carole Ware-McKenzie: carole@touchinghearts1by1.com 727 432-2297

Trainer: Katherine Campbell, MA: jumpingjoints@gmail.com 727-487-1243

Teaching classes since the inception of Ageless Grace & training nationally, Katherine's passion is to bring this program to as many people as possible! Come laugh and learn with her!