

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

Ageless Grace® Brain Health Fitness
Based on the science of neuroplasticity



Improve cognitive and physical function,
through the creative, simple, and fun 21
tools of Ageless Grace®!

www.agelessgrace.com

Who can use Ageless Grace®?

- Health and fitness professionals
- Persons with challenges
- Wellness programs
- Teachers
- Baby Boomers
- Caregivers

Anyone and Everyone!

**Meet your
Ageless Grace®
Trainer**



Karen Haseley, Certified Therapeutic Recreation Specialist retired from the City of Greenbelt, MD, has worked with individuals of all ages and abilities. She became an Ageless Grace® Educator in 2013 and a trainer in 2015. She is also a graduate of the Neuroscience Academy with Dr. Sarah McKay.

Ageless Grace® Overview and Certification with Trainer Karen Haseley

Location for Events: Northside Park Recreation Complex,
200-125th Street Ocean City, MD 21842

Educator Certification – *Become certified to teach Ageless Grace®! (CEUs pending)*

Friday, 2/1/2019 9:00am – 5:00pm AND Saturday, 2/2/2019, 9:00am – 5:00pm

\$390 – includes all training materials

(DVDs, book, flash cards, The Little Book of Marketing Magic)

\$315 – if you already own materials listed above

Overview Seminar – *Learn how to include Ageless Grace® in your daily life! (CEUs pending)*

Friday, 2/1/2019, 9:00am – 1:00pm, \$55 for Seminar Only (Seminar is included in Certification)

Free Public Classes – Friday, 2/1/2019 12:30pm-1:00pm

Saturday, 2/2/2019 12:45pm-1:15pm

Discover an ocean of Fun!

Ocean City Recreation & Parks

To REGISTER: <https://agelessgrace.com/training-events/ocean-city-md-february-1-2-2019/>

Logistics contact: Denise Ortega, (410) 520-5180, dortega@oceancitymd.gov;

Certification questions: Karen Haseley, 443-745-1596, agkarenh@gmail.com