

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**



Sandy Bramlett, M.Ed., is a Certified Ageless Grace® Brain Health Trainer/Educator and Speaker, an MDT Movement Disorders & Parkinson's Disease Fitness Specialist, Nia Black Belt, Certified SAIL Instructor, and Callanetics Master Teacher. She is the creator of the "Working-Out in the Garden" exercise program, and a National presenter on The Power of Play, Neuroplasticity, and Falls Prevention

Ageless Grace® Educator Re-Certification*

Clairmont Place Retirement Community

2100 Clairmont Lake, Decatur, GA 30030

Practice, Play, Review, & Renew!

Sunday, Sept 22, 2019

1:30pm-5:00pm

\$50 *For Current Ageless Grace® Educators

Your opportunity to come together with fellow Ageless Grace® Educators to review the basics, ask questions, discuss best practices, develop marketing and teaching strategies, and more

Register Online: www.agelessgrace.com/training-schedule

More Info Contact: Sandy Bramlett, swbsun@aol.com or 678-576-9553