

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

Public Seminar – 'An Introduction to Brain Health Fitness'

Thursday, August 15, 2019

9:00am – 1:00pm

Neuroplasticity & Ageless Grace®' – Create a Daily Practice

(Open to the Public – Church Reception Hall)

\$55 (\$65 at the door)

****FREE 30 min. Sampler - Friday, Aug 16, 11:30-12:00 - Open to ALL**
RSVP to Rev. Lori Ethridge or Sandy Bramlett, Trainer**

Professional Certification to Teach (13.5 CEU's)

Thur Aug 15th, 9-1 + Fri Aug 16th, 9-5 + Sat Aug 17th, 9-1

(All Sessions are Required for Certification)

\$390 (pre-registration)

*Includes Seminar (required), Marketing E-Book 3 DVD Set, Playbook, Flashcards & more!
Ageless Grace is a SilverSneakers FLEX and Silver and Fit Program*

**Host: Rev. Lori Ethridge, First United Methodist Church of Marietta
56 Whitlock Avenue, Marietta GA 30064**

**Pre-registration is required: www.agelessgrace.com/training-schedule
For add'l information, contact the Trainer: Sandy Bramlett
swbsun@aol.com or 678-576-9553**