

Ageless Grace® Renew, Refresh and Retreat Presenters

Doreen Blue, Hendersonville NC – Volunteerism with the “Volunteer Queen”

Doreen shares her volunteer experiences and gives others ideas on how they can “age gracefully” with volunteer opportunities. Includes a field trip to see the magical fairy garden at Bullington Garden Center.

Doreen Blue is a retired special needs educator from Rhode Island. She is currently a water fitness instructor and Ageless Grace Educator. Her friends call her the “volunteer queen”. She loves volunteering, ever since her high school days, and hopes everyone else does too. She works with MountainTrue as a biomonitor and water tester and on the recycling committee. She also volunteers as an ambassador for the NC Senior Games and Special Olympics, at Bullington Garden Center, and at Carl Sandburg’s Home with the goats to name a few.

Barbara Bowman, Ann Arbor MI – Brain Fit After 50

Brain Fit After 50 covers the early signs of brain aging and how to rejuvenate the brain through a healthy diet and lifestyle, including of course, Ageless Grace! Since the reversible signs of brain aging can occur up to 20 years before a diagnosis is made, time matters. Learn about ways you can keep your brain healthy and how to use a presentation like this to market Ageless Grace.

Barbara made a simple change in her diet and symptoms she'd had for more than 30 years disappeared along with 25 unhealthy pounds. To better understand and share this amazing transformation, she became a Dr. Sears Certified Health Coach and an Ageless Grace Educator to add brain preservation and fun to the mix. After her previous careers as a Public Health Educator and Early Childhood Intervention Coordinator, she now practices as a Brain Health Coach through Sprout Wellness.

Colleen Caron, WoodDale IL – Follow the Yellow Brick Road: Mind, Body & Spirit Care

Feel re-energized! Learn the importance of caring for mind, body and spirit for yourself, caregivers, and those who are young at heart. Can you care for one of these, without caring for all three? Learning how to care for all three will be given in an energetic and inter-active presentation. Evidence-based research on the benefits of mind-body-spirit connection will be included.

Colleen Caron has over 30 years of experience as a psychiatric nurse and has a Masters of Science in Health Administration from the University of St. Francis in Joliet, IL. She began her career as an oncology nurse and after moving to psychiatry, developed an award-winning hospital program focusing on an integrated approach to substance abuse and psychiatric illness. Colleen was featured on ABC Television Health Watch, and has been featured in many news articles on Laughter and Wellness.

Karen Carrier, Roseville MN – T'ai Chi Chih: Joy Through Movement

T'ai Chi Chih is a standing or sitting moving meditation, for all ages and physical abilities. The 19 slow, flowing movements are easy to learn and enhance balance, energy and well-being.

Karen has been teaching T'ai Chi Chih since 1988 and enjoys teaching it and Ageless Grace in her community.

Karen Haseley, Greenbelt MD – An Ageless Grace STAR Is Born!

Create a memory and leave with an inspiration! Learn to fold German paper stars to hang from your mirror, your Christmas tree, or wherever you look for inspiration. This will be a make and take-home memory of all the Ageless Grace STARS you met at the Annual Retreat. Note: \$4 materials fee; bring a scissors for paper cutting.

Karen Haseley, CTRS, is a Certified Ageless Grace® Educator & Trainer, and Walk With Ease Instructor. All her life, Karen has loved making things, knitting, crocheting, tatting, crafting, sewing, etc. And she LOVES teaching others to make things as well. These Froebel stars are a reminder of her German heritage and they hang on the Haseley Christmas tree every year.

Teri Lee, The Villages FL – The Dance of Yoga

Learn how to "ride your breath" while moving your body to beautiful and calming music. Become graceful in every day movements and improve your posture, flexibility, and balance, and build core strength. The session will leave you feeling strong and confident with a calm sense of well-being. The yoga-inspired movements are practiced standing, with a seated meditation to finish.

Teri Lee is a certified Ageless Grace Educator as well as an Expert Rating Certified Personal Trainer with specialties in Senior Fitness and Pilates. She teaches Ageless Grace and The Dance of Yoga at The Enrichment Academy in The Villages, FL. She also volunteers at The Villages Recreation & Parks Department, teaching low impact aerobics and yoga in a senior community. She is retired from a large health insurance company where she held the position of project manager in the corporate training department.

Sarah Lucas, Brookfield IL – Working With Seniors Changed My Life For The Better

Sarah will share how stepping outside of her comfort zone allowed her to learn and grow, how perspectives from different sides regarding aging prompted a great spiritual awakening, to value life to the very end, and how helping to connect a person to their best sense of self is an act of love.

Sarah Lucas works in an assisted and independent living facility primarily helping seniors with dementia engage in humanities-based activities. She performed in theater in Chicago for many years, moved on to online sales/marketing for an industry leader, and now runs her own painting business on the side as well as her work with seniors.

Marghi McClearn, Tallahassee FL – Magical Child Open Heart – Open Hands

Using music and movement, we will explore the relationship between giving and receiving as experienced by our inner child. By opening to the many gifts within ourselves and those given to us on a daily basis, we cultivate the ability to open our hearts to more abundance, more flow and more joy. In this playshop, we will move, play and create our own representation of our Open Hearts and Open Hands. **Note: Bring sharpie markers (including fine point), glue stick, and large brown grocery bag (or cut out your handprints using the bag and bring those with you).**

After 31 years of teaching music in the Elementary Schools, Marghi retired to pursue her passion for improving quality of life through music & movement. Throughout her teaching years she studied many methods & modalities that support teaching and Learning. These include: Orff Schulwerk 3 levels, Brain Gym 101, Optimal Brain Organization, Drum Circle Facilitation, West African Drum and Dance. She started her Nia journey in 2013 with the White belt and has continued on with the Green and Blue Belts. Marghi met Denise Medved in January 2014 and fell in love with Ageless Grace. Marghi enjoys speaking, teaching, and training - sharing her joy and inspiration wherever she goes.

Denise Medved, Hendersonville NC – Feng Shui for Fashion & Style

Feng Shui is the art of arrangement in a balanced, harmonious and beautiful way. Denise will touch on Feng Shui for home and garden, in addition to stretching your wardrobe by mixing and matching the elements of water, wood, fire earth and metal.

Denise Medved, Ageless Grace creator and founder, is also a Feng Shui student and certified practitioner of 30 years.

Sarah Olson, Burlington NC – GROOVE Dance Party!

GROOVE is a super-simple, super-fun way to move in your own authentic way, but also in community which is so very powerful. No special dance skills needed, just the willingness to let yourself go. Nobody cares what you look like, and you can't get it wrong!

Sarah Olson is a retired nurse, who became aware of GROOVE through the magic of Facebook and has been teaching it for a year. She is also a certified Ageless Grace educator, and the principles of both disciplines are very much the same. Sarah believes in the power of movement and dance, and is very excited to share GROOVE!

Maria Skinner, Groton MA – Dance Spells: Using Intention & Dance, We Create Our Reality from the Inside Out

Everything comes through the body. Our senses, our emotions, our intuitions, our inspiration... is all amplified and felt in this mortal coil we call home. Come play with desires, wants, callings, awarenesses, surrenderings. We will write and then dance to embody and explore what is moving for us through the body - creating reality from the inside out. We will develop this skill in a deeply safe and supportive group.

Maria Skinner is the owner of StarFish Dance & Yoga (formerly Yoga & Nia For Life) in West Concord, MA. She is a BeSoul™ Dance and Dance Spells™ Founder, Nia Black Belt, former Nia White Belt Trainer, and an Ageless Grace Trainer & Educator. Maria is the author of Living High Like a Tree and co-authored the Spanish translation of Our Bodies, Ourselves - Nuestros Cuerpos, Nuestras Vidas - and contributed to My Hungry Head by Marybeth Sherrin.

Kate Stockman, Saluda NC – The Solar Feminine Archetype: The Warrior/Queen Stage of Life

The Solar Feminine archetype is a balance of the Feminine (yin abilities to receive, nurture and feel compassion) with the Masculine (yang dimension of action, strength and power). We have witnessed Her rising to stand Her ground, find Her voice, and speak truth to authority around the world! What are Her roles today? What is Her role in your life? We will explore the Warrior/Queen stage of a woman's life as well as our own gifts that we bring to promote positive change in our communities. Note: Bring a scissors for paper cutting.

Kate cherishes spending time with other women, exploring the depths of possibilities and potential! Kate is a multi-media artist whose direct connection to Spirit is through creativity. Now that she is living in a house (instead of a 40 foot RV!), she has room to explore creating handmade jewelry, books, and Blessing Bags (leather and fabric bags, each with an individual blessing written inside – invisible but potent!). Each of Kate's pieces tells a story; come, share a story with me!

Dottie Whitlow, Tallahassee FL – Z-Health

Improve your Movement and Mobility with Z-Health. Learn movements based on brain and neural plasticity research that will help you determine your specific brain and body needs to allow better movement - with high speed results!

Movement and Music are Dottie Whitlow's passion. She is constantly expanding her knowledge and skills of brain-based and neuroplasticity-based fitness and movement to improve movement and mobility, and reduce pain for people of ALL ages. Dottie is certified as an instructor & specialist in Z-Health, Movement Integration, Exercise Therapy, Movement Performance and Movement Essentials, and is an Ageless Grace Brain Health Educator.

Annamaria Bowman – Chair Massage & Foot Massage in the Downstairs Mall!!