

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](http://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



*Dr. Jaami Rutledge, DNP is a Nurse Practitioner and a Certified Ageless Grace® Educator/Trainer/Enthusiast. She is at her best combining her loves of sport, dancing, caring, and fun. Jaami leads Ageless Grace® classes, Teacher Certifications, and Workshops on Health and Aging across the country.*

## Ageless Grace® Events: July 22 & 23, 2019 in FRANKENMUTH, MI

### Professional Educator Certification:

Become Certified to Teach Ageless Grace® in only 13.5hrs over 2 days!

Monday ~ July 22, 2019, 9:00am—6:00pm &

Tuesday ~ July 23, 2019, 8:00am—3:00pm

\$390 (\$420 @ the door): includes Certification Materials: PPSeminar, DVDs, Book, Flashcards

### Personal Practice Seminar:

Experience the 21-Tools & learn all you need to start a daily practice in the comfort of your own home!

Monday ~ July 22, 2019, 9:00am-1:00pm

\$55 (\$65 @ the door)

**Location:** Frankenmuth CU Building, 580 N.Main St., Frankenmuth, MI 48734

**Register Online:** [www.agelessgrace.com/training-schedule](http://www.agelessgrace.com/training-schedule)

For more information ~ Jaami @ 989-860-0784 | [agelessgracejaami@gmail.com](mailto:agelessgracejaami@gmail.com)