

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**



*Sandy Bramlett, M.Ed., is a Certified Ageless Grace® Brain Health Trainer/Educator and Speaker. She is 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.*

**ONLINE! Ageless Grace® Brain Health via ZOOM**  
**Personal Practice Seminar & Certification**  
**With Trainer, Sandy Bramlett, M.ED.**

**Attend from Anywhere via ZOOM**

**Seminar Only – Thurs, Feb 18, 2021 - 1:00 - 5:00pm EST**

*Simple Exercises - for yourself, family caregivers, support groups*

*For anyone interested in optimal cognitive and physical fitness*

**\$55**

**Certify to Teach Ageless Grace® Brain Health Fitness**

**Thursday, Feb 18**

**1:00–5:00pm (EST)**

**Fri, Feb 19<sup>th</sup>, 12:00-5:00pm AND Sat, Feb 20<sup>th</sup>, 11:00am-3:30pm**

*(All Sessions are Required for Certification - 13.5 hrs, CEU's available)*

**\$390 (Includes Training Materials)**

*Includes Seminar (required), Marketing E-Book 3 DVD Set, Playbook, Flashcards & more!*

**Pre-registration is required: [www.agelessgrace.com/training-schedule](http://www.agelessgrace.com/training-schedule)**

**\*Registrants will be sent the link from the Trainer\***

**Add'l Info, contact: Sandy Bramlett, [swbsun@aol.com](mailto:swbsun@aol.com) or 678-576-9553**