

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. 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.

LIVE ONLINE! Ageless Grace®
Educator Certification & Seminar via ZOOM
With Trainer, Sandy Bramlett, M.ED.

CERTIFICATION TO TEACH AGELESS GRACE®

Thursday, Sept 23

1:00pm - 5:00pm (EDT)

Fri, Sept 24, 12:00-5:00pm AND Sat, Sept 25, 11:00am-3:30pm (EDT)

(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!

BRAIN HEALTH FITNESS SEMINAR

Thurs, Sept 23, 2021 • 1:00pm-5:00pm • \$55

*Simple Exercises - for yourself, professionals, family caregivers, support groups
For anyone interested in optimal cognitive and physical fitness*

Location: Zoom from Anywhere!

Pre-registration is required: www.agelessgrace.com/training-schedule

Registrants will be sent the link from the Trainer

Add'l Info, contact: Sandy Bramlett, swbsun@aol.com or 678-576-9553