

It's never too late to begin, it's never too early to start.

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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**



Maria Skinner is the founder of StarFish Dance Collective in MA. She is a Certified Ageless Grace® Trainer & Educator, a BeSoul™ Dance and Dance Spells™ Practitioner, Nia Black Belted, former Nia White Belt Trainer and an author.

Ageless Grace® Educator Certification
Training: October 25th & 26th on Zoom
(and possibly, also in person in MA)

Location: Maria's Zoom room, Link and materials will be sent after registration

~ Seminar for Personal Growth: Mon, October 25th, 2021, 10am-2pm EST Fee: \$55

~ Become certified to teach Ageless Grace® Brain Health Fitness
(includes above Seminar as introduction) All times EST

Mon, October 25th, 2021, 10am-4:30 pm AND Tues, October 26th, 10am-5:30pm

Fee: \$390 - Includes required educator materials (Manual, Dvds & Cards)

\$315 - Without materials (Pay this if you own the materials and can bring to training)

To Register: www.agelessgrace.com/training-schedule

For more information contact Maria: 978.314.2735 or ynfl@msn.com