

It's never too late to begin. It's never too early to start.™

4EverFit4KIDZ!

Grace[®]

offered by ageless[™]



**Fun Fitness[™]
for the Body & Brain**

FUN Brain Health Exercises Almost Any Kid Can Do!

4EverFit4KIDZ![™] Brain-Body Fitness Program is based on consciously choosing to develop the brain and body through playful and imaginative physical movements designed to fire neurons and develop neural pathways for pre-schoolers to mid-teens. All 21 tools or exercises in the program can be practiced by children of any age or ability and are “played” in collaboration between the children and their teacher. The exercises are done seated in their chairs in order to stimulate and develop the five primary functions of the brain by doing unfamiliar movements, or creating new ways to do an activity that is already familiar to them. The movements are spontaneous and use music and story-telling, with no need for the teacher to learn any special choreography. Each of the brain-changing tools can be adapted to the curriculum, and also focus on a primary physical skill necessary to develop lifelong optimal function beginning in the formative years (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the “Three R’s” of Ageless Grace[®], the ability for children to respond, react and recover.

Kathy Woods will be conducting the Seminar.



Kathy Woods, Certified Ageless Grace[®] Educator/Trainer and Trained Dance Teacher has been teaching children and adults Dance, movement and exercise for over 25 years in studios, gyms, schools and arts camps. She has designed and produced seminars and workshops, created movement programs, coached other dance teachers and trained Ageless Grace Educators.

The Ageless Grace[®] Program for children is called 4EverFit4KIDZ! It is ideal for parents, school teachers and other caregivers to learn and then share with children.

The 4EverFit4KIDZ! Program helps children develop both physical and cognitive skills and grow strong and healthy through stimulation of neuroplasticity.

Adults working with special populations, including those on the autism spectrum, with ADD or ADHD, or with physical or mental limitations should find the 4EverFit4KIDZ! Program beneficial

4EverFit4KIDZ! Seminar for Parents

A 4.5-hour seminar for personal practice

The Seminar is designed for parents to attend Via ZOOM. They will learn the 4EverFit4KIDZ! Program in order to share with their children in their home.

Seminar dates: Saturday, March 6 & 13. 10:00-12:15 ET

Picture families exercising, moving, singing, dancing and having fun together – that’s 4EverFit4KIDZ!

\$55 for the seminar over 2 days. Payable online at: www.AgelessGrace.com (in menu click on Training>Training schedule)

Questions? Contact Kathy Woods, Ageless Grace and 4EverFit4KIDZ! Trainer 708-955-3552 or kwoods@EveryoneDances.com