

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**



Peggy Kinst is an International Trainer for Ageless Grace. She has been a Wellness Educator for over 50 years creating and presenting Programs that includes her expertise in Movement Techniques, Neuro-Science, Nutrition, Mindfulness Training, Personality Typing, Body Composition Analysis, the Science and Implementation of Essential Oils and Body & Brain Health for all populations.

Ageless Grace® Educator Re-Certification

NOTE: This Training will be on-site with a live Trainer and Attendees in a closed facility.

Friday, September 9, 8:30am – 12:30pm

Re-Certification is required each year to continue to teach
and do presentations as Ageless Grace Educators.

Come join other Seminar attendees to review the Ageless Grace 21 Tools.
Refresh your information about Body and Brain Health Fitness.
Learn from other Educators...and have FUN!

Please register at www.agelessgrace.com under Re-Certification

\$45 Annual Fee

\$50 Re-Certification Workshop Fee

SYCAMORE COMMUNITY PARK DISTRICT

480 Airport Road, Sycamore, Illinois 60178

Hosted by: **Theresa Tevsh** (for location info call: 815-770-2668)
theresat@sycparks.org

For class info: call Peggy 630-926-5827 peggykinst@gmail.com