

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**



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® Re-Certification Workshop
for Educators
Practice ~ Play ~ Review

Saturday, November 19th, 2022 3:00pm - 6:30pm Eastern Time ~ \$50
Location: Maria's Zoom Room

Your opportunity to come together with fellow Ageless Grace Brain Health Educators, to review the basics, find out about new information, ask questions, discuss best practices (including marketing and playlists), and more! *(To maintain certification, Educators required to pay a \$45 annual fee as well attending the workshop, pay this online when you register for the workshop)*

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

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