

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](http://www.agelessgrace.com)



**Who can use Ageless Grace®?**

- Senior Living programs
- Senior Day programs
- Long Term Care Activity programs
- Community Activity programs
- Health and Fitness Professionals
- Caregivers

*Anyone and Everyone!*

**Meet your**  
**Ageless Grace®**  
**Trainer**



Dr. Jenna Eisenberg retired after 38 years in her own practice as a chiropractor. She was a motivation speaker and a college instructor for many years. Jenna now teaches seven Ageless Grace classes a week and loves doing it on-line and in person! When the opportunity arises she performs a one-woman show she wrote starring four characters who love sharing their stories.

**Ageless Grace Seminar for Personal Growth**  
**Friday, January 6, 2023**

**Location: Glen Ellyn Historical Society**  
**800 N. Main Street**  
**Glen Ellyn, Illinois 60138**

**Friday, January 6, 10am to 2:30 pm Fee: \$55**

**You will learn the 21 tools for personal use.**

To register: [www.agelessgrace.com/training-schedule](http://www.agelessgrace.com/training-schedule)  
For more information contact Jenna: 630-460-8708 or  
[jenna.eisenberg@att.net](mailto:jenna.eisenberg@att.net)