

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, an International Trainer for Ageless Grace, 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, Essential Oils and Body & Brain Health for all ages. She is a Dementia Connection Specialist who certifies Professionals & Caregivers to understand and care for those with Cognitive Decline and Dementia.

Ageless Grace® Educator Re-Certification

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

Saturday, January 14th, 1:00pm – 5:00pm

Re-Certification is required each year to continue to teach classes
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

Garden of Yoga

140 N LaGrange Road, Suite #17, LaGrange, IL 60525

Hosted by: **Kathleen Wright** (for location info call: 708-989-1329)

www.gardenofyoga.net yogakmw@gmail.com

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