

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®?**

- 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. She recently became certified as a Dementia Connection Specialist DCSCCT training professionals and private caregivers how to understand and care for those with cognitive decline.*

**Ageless Grace® Introductory Seminar**

**NOTE:** This Training will be on-site with a live Trainer and Attendees in a closed facility. Safety measures will be implemented. Number of participants will be limited.

**Saturday, January 14<sup>th</sup> 1:00pm – 5:00pm**

**All are Welcome! No experience necessary!**

**Learn about both Body & Brain Health  
while enjoying all 21 Ageless Grace Movement Tools!  
Learn and “Play” at the same time!**

Please register at [www.agelessgrace.com](http://www.agelessgrace.com)

\$55 (4 hours) \$65 (at the door)

**GARDEN OF YOGA, 140 N LaGrange Road, Suite #17, LaGrange, IL 60525**

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

[www.gardenofyoga.net](http://www.gardenofyoga.net) [yogakmw@gmail.com](mailto:yogakmw@gmail.com)

**For class info: call Peggy 630-926-5827 [peggykinst@gmail.com](mailto:peggykinst@gmail.com)**