

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®?

- 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® Educator Certification Training

In-person and on-line

April 21 & 22, 2023

Location: Glen Ellyn Historical Society
800 N. Main Street, Glen Ellyn, Illinois 60137

Seminar for Personal Growth

Friday, April 21, 2023 8am -12:00 Central Time Fee: \$55

Ageless Grace Educator Certification Training:

Become certified to teach. (Includes above Seminar as introduction.)

Friday, April 21, 2023 8am-3:00pm AND Sat. April 22, 2023 8am-3:00pm.

Fee: \$390-Includes required educator materials (Manual DVDs and Cards)

\$315-Without materials (Pay this if you own materials and can bring to training)

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

For more information contact Jenna: 630-460-8708 or jenna.eisenberg@att.net