

## **12<sup>th</sup> Annual Ageless Grace® Renew, Refresh and Retreat Schedule of Presenters**

July 16, 2023 12:00 – 5:00pm Eastern Time

### **12:00-12:15pm – Welcome and Movement with Denise Medved, Ageless Grace® Brain Health Founder**

#### **12:15–12:40pm – Nurture Your Body and Brain with Nature, with Gayle Covington Fowler**

This session will share about the impacts of Nature exposure and movement on our physical, spiritual and mental well-being. Learn about exercises that address how Nature reduces grief, depression and anxiety. We will engage in activities that address “attention fatigue” and help to gain energy, and learn how Nature and movement benefit our brains, memory, cognitive function and cardiovascular health. Grow with Joy and increase longevity!

*Gayle founded The Genstitute ®, a coaching, speaking, and training enterprise. She became a certified Ageless Grace Educator due to her personal journey with a chronic pain condition, fibromyalgia. The Genstitute that seeks to expand opportunities to provide education, community engagement, and platforms about healthy homes and nurturing families to create thriving intergenerational communities with older adults, children, and families. Her mission is to engage others to become partners in their health care and environment to enhance livability and sustainability.*

#### **12:40–1:05pm – I AM Worthy of Abundance! with Yvette Gorman-Holmes**

What do you notice when you think of exclaiming “I deserve more!”? For some, it can be quite uncomfortable. Ask yourself “What have I been hesitant to claim, to declare or ask for? And what would it feel like to open myself up to more?” Join Yvette as we train our mind, body and spirit to boldly claim our enoughness with intenSati. Speak your worthiness into existence powerfully with your entire being and feel the evolution of YOU!

*Yvette Gorman-Holmes is a Certified Life Coach and Somatic Healer who supports moms to reclaim their happiness and vitality from the chaos of motherhood and work exhaustion. She lives on Long Island, New York with her husband and two daughters.*

### **1:05-1:15pm – Break-Exercise-Hydration-Snack**

#### **1:15–1:40pm – Walk a Mile in This Body with Nancy Angus**

Join Nancy for a lively discussion about some changes to our bodies that come as we get a little more "seasoned"! Using simple props found around the house, you'll have an opportunity to feel what it *could* be like to be 10 or even 20 years older. This workshop will provide insight into how some of the frailer members in our classes or community may feel, and what can be done to engage and celebrate their involvement in class and in life.

**Materials Needed:** a pair of garden gloves or cotton gloves, ear plugs, safety glasses or sun glasses, and masking tape or scotch tape. Optional: weighted microwave bags (the type used for warming up in the microwave and putting on areas of the body that need warmth).

*Nancy Angus is based in Thunder Bay, Ontario. After 35 years in the workforce, with roles in Senior recreation, volunteer management, freelance writing and broadcasting, she launched Age BIG. As a speaker, blogger, storyteller, Ageless Grace Educator, community connector and workshop facilitator, Nancy engages individuals and audiences to age BIG - Boldly, Inquisitively and Gratefully. A believer*

*in life-long learning through recreation, she learned to swim at age 55. And, as a true recreationist, she threw herself a party at a municipal outdoor pool to celebrate this accomplishment!*

**1:40-2:05pm – Ageless Grace Movement Break with a Twist of Belly Dance! with Elaine Dunphy**  
Flavor your Ageless Grace practice with a twist of belly dance. Enjoy shimmies, undulations and wrist rotations as you play with the Ageless Grace Tools.

*Elaine Dunphy is from Paradise, Newfoundland Canada and enjoys all things movement related! An Ageless Grace Educator, a Nia Teacher and a Belly Dancer, Elaine loves to explore how all three movement practices cross over and intersect. Join her to find a little joy in your own body through movement - after all joy IS an inside job!*

**2:05-2:15pm – Break-Exercise-Hydration-Snack**

**2:15-2:40pm – Life is Truly a Balancing Act! with Lana Gelb**

We are all living complicated lives and have so much to juggle! Discover how the different dimensions of Wellness can "Balance your World" and, therefore, your Health and Happiness. You will get a formula, and the opportunity to identify excessive or deficient aspects, and then through awareness, will be able to make adjustments in order to achieve a truly Balanced life.

*Lana Gelb MS. is the President Good Vibes Consultants. As a Registered International Somatic Movement Therapist and an Exercise Physiologist, Lana has worked for decades with individuals and groups to optimize their health by providing many modalities with an Alternative, Holistic approach. She is an ACE Continuing Education Provider, an International Ageless Grace Educator /Trainer. Lana is a Graduate of the Neuroscience Academy and recently presented with Denise Medved, at Harvard Medical School, at an International Conference on Movement and Cognition.*

**2:40-3:05pm – By The Way, She's Just Lovin' Ageless Grace! with Jenna Eisenberg**

You are invited to join an Ageless Grace class led by Jenna and her three alter egos - VIVA, GOLDA and CHEF JOSEPHINE! They've created a special class especially for the Annual Retreat!

*Jenna Eisenberg is a retired chiropractor and professional speaker who recently became certified as an Ageless Grace Trainer at age 73! She loves teaching and expanding the message and practice of Ageless Grace in any way she can. Jenna teaches 6 Zoom classes and one in person class each week along with facilitating Seminars and Certifications.*

**3:05-3:15pm – Break-Exercise-Hydration-Snack**

**3:15-3:40pm – Yogaease: Daily Stretches to Keep Us Moving with Angela Butler-Hackett**

Yogaease, is gentle, adaptive yoga stretches, which incorporates Integrated Positional Therapy (IPT) to help those with daily pain, and/or limitations due to arthritis, stroke, Parkinson's, etc. The stretches can be done seated, or standing with using a chair for support. Yogaease helps with balancing the muscles of hips, back, shoulders and neck, and helps us function better in our daily life. If you are fortunate to not deal with aches and pains, these stretches can help keep you flexible and enjoy an active life.

**Materials Needed:** a sturdy, arm less chair. You may want to use a Yoga Mat to put under the chair so that it does not slide.

*Angela Butler-Hackett has over 28 years of experience working with Senior adults. She has a Bachelor of Science with an emphasis in Therapeutic Recreation, along with certifications in*

*Gerontology, Senior strength training, chair exercise, personal training, Yoga, Balance & Mobility, Silver Sneakers, and she is an Ageless Grace Educator. She has extensive experience in physical rehabilitation hospitals with head injury, stroke, orthopedic and neurological patients. She is also trained in Integrated Positional Therapy (IPT) Methodology which she incorporates into her Yogaease classes.*

**3:40-4:05pm – Train Your Brain: Cognitive Stimulation Therapy with Marisa Payne**

In this presentation you will learn about Cognitive Stimulation Therapy (CST) as a complement to the Ageless Grace® Brain Health Fitness program and part of an overall holistic approach to brain health. CST is an evidence-based, non-pharmacological intervention for people experiencing early cognitive change or living with a diagnosis of mild to moderate dementia, and it utilizes a structured curriculum designed to target specific cognitive domains and is tailored to individual needs and abilities. You will learn about the latest research linking it with improved cognitive performance and quality of life, as well as many practical suggestions for cognitively stimulating activities and exercises.

*Marisa Payne is a credentialed Brain Health & Wellness Coach, Aging & Adult Services Consultant, Ageless Grace Trainer, and the Founder of In Pursuit of Wellness. She provides nationally accredited education, evidence-based programs, and supportive services proven to support normal cognitive aging in older adults and improve health outcomes and quality of life for people living with Alzheimer's and other forms of dementia. She also collaborates with other aging and adult service providers to develop holistic wellness programs and services that promote empowerment, purpose, and joy. <https://www.inpursuitofwellness.com>*

**4:05-4:15pm – Break-Exercise-Hydration-Snack**

**4:15-4:40pm – Finding the Gift in Our Lives: Doing the Important Things One More Time with Tracey Gelb**

We are given this precious gift of life, yet sometimes the fast-paced world that we live in leads us to not stop to smell the roses as often as we would like. Why don't we give ourselves the gift of enjoying all the blessings that are bestowed upon us by doing the important things that truly matter one more time.

*Tracey Gelb is an Ageless Grace Educator and has been teaching Ageless Grace for almost 7 years. She teaches 16 classes per week in community centers, assisted living, memory care, independent living, on Zoom and at spas. She has started using rescue dogs at her facilities classes, before her classes begin and sometimes during classes. Tracey runs a cancer support group and is the host of "Living a Graceful Life" on The Win Win Women Network.*

**4:40-5:00pm Closing and Movement with Denise Medved**