

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



Barbara Kunz
Ageless Grace Trainer
barbkunz153@gmail.com
cell: 519-852-3252

Hosted by Lauren HelmKay
E: lauren@laurenhelmkay.com

Location: Lauren HelmKay Studio
123 Lake Drive East, Keswick,
Ontario, Canada L4P 3E9

Personal Practice Workshop

The Benefits of Practicing Ageless Grace®

May 7, 2024 ~ 9:00am-1:00pm

Experience the 21 Tools for Lifelong Comfort and Ease™

Learn how to start your own practice in the comfort of your own home.

\$120.00 - pre-register with Barbara by April 10, 2024

Required for Certification

Educator Certification Program

Learn to teach Ageless Grace® Brain Health Fitness

Two Days:

May 7, 2024 | 9:00am - 5:00pm

May 8, 2024 | 9:00am – 4:00pm

Certification includes: Downloadable Instructional Videos, 85 Page Workbook, Flashcards

Certification is \$525.00 – (Seminar included in this price)

pre-register with Barbara by April 10, 2024

Check out: www.agelessgrace.com/become-an-educator

Please register with Barbara by April 10, 2024 at barbkunz153@gmail.com