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

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Meet your Ageless Grace® Trainers

Karen Haseley, has worked with individuals of all ages and abilities. She became an Ageless Grace® Educator in 2013 and a trainer in 2015. She is also a graduate of the Neuroscience Academy with Dr. Sarah McKay.

Who can use Ageless Grace®?
- **Health and fitness professionals**
- **Persons with challenges**
- **Wellness programs**
- **Teachers**
- **Baby Boomers**
- **Caregivers**

Anyone and Everyone!

Marghi McClearn retired from teaching music to pursue her passion for improving quality of life through music and movement. She is a Certified Ageless Grace® Educator and Trainer, and holds certifications in Nia. Her goal is to inspire others to move more, laugh more and make the most of life regardless of their circumstances.

Ageless Grace® ZOOM/In-Person* Certification Workshop with Trainers Karen and Marghi

*Zoom link will be sent a few days prior to the training. In Person: Rensselaerville, NY (Contact Karen if you'd like accommodations.)

Educator Certification – *Become certified to teach Ageless Grace®!*

Fri., Sat. & Sun., **9/6/2024** 1pm-6pm; **9/7/2024** 9am-2:30pm; **9/8/2024** 1pm-4:30pm $390 – includes all digital training materials (DVDs, book, flash cards, The Little Book of Marketing Magic); $315 – if you already own materials listed above.

Overview Seminar (Personal Practice Seminar) *Learn how to include Ageless Grace® in your daily life to improve your brain and body function and have loads of fun at the same time!*

Fri, **9/6/2024,** *1pm – 5pm, $90*

To REGISTER for Certification OR Seminar:

https://agelessgrace.com/training-events/september-6-8-2024-seminar-or-certification/

For more info, contact: Karen Haseley, 443-745-1596, agkarenh@gmail.com

Marghi McClearn, 850-443-2912, marghisjoy@gmail.com