## It's never too late to begin, it's never too early to start.

Ageless Grace<sup>®</sup> 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<sup>®</sup>!

www.agelessgrace.com

Meet your Ageless Grace® Trainer



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



## Who can use Ageless Grace<sup>®</sup>?

- Health and fitness professionals
- Persons with challenges
- Wellness programs
- Teachers
- Baby Boomers
- Caregivers

## Anyone and Everyone!

## Ageless Grace Educator Recertification June 9, 2024 ~ 1:00pm to 4:30pm \$60ca ~ In Person Optimist Club Halton Hills 13439 Highway 7, Georgetown, Ontario

Ageless Grace works to ensure the integrity and consistency of the Ageless Grace program, so Educators deliver Ageless Grace following the guidelines of the 21 Simple Tools for Lifelong Comfort and Ease™.

Please register with Barbara by May 9, 2024 at barbkunz153@gmail.com

Certified Ageless Grace<sup>®</sup> Educators are required to re-certify yearly. This 3.5 hour in-person re-certification entails reviewing and teaching Tools 1-21 of Ageless Grace<sup>®</sup> and identifying the primary benefit of each tool and how each tool affects the body and brain. Marketing your business, successes & challenges are also discussed.

