

13th Annual Ageless Grace® Renew, Refresh and Retreat Schedule of Presenters *July 21 Sunday from 12noon to 5pm Eastern Time*

Note: Starts at 11am for chat and virtual hugging and reuniting! – with another chance to interact and visit with each other at the end from 5pm to 6pm Eastern Time.

11:00am-12:00pm – Optional Chat/Visit/Share/Catch-Up

12:00-12:10pm – Welcome & Movement with Denise Medved, Ageless Grace® Brain Health Founder

12:10-12:15pm – Ageless Grace “Commercial” with Viva (Jenna Eisenberg)

12:15-12:40pm – Audra Mace - Introduction to Tai Chi Easy™ and Qigong

Activate “the healer within” using traditional Chinese reflexology, breathing, gentle movement, and meditation. Learn playful ways to get in and stay in the best shape of your life, physically, mentally, or spiritually. Integrate these practices into your Try Chi and other Ageless Grace Tools.

Note: Have a chair nearby, practice will be done seated.

Audra Mace operates Lady Chakra Holistic Healing in Bethel, Connecticut and surrounding towns in wellness centers, senior and community centers, adult continuing education programs, and other body-mind-spirit oriented business establishments promoting peace and natural healing practices as a Reiki Master Teacher, Chakradance® Facilitator, Tai Chi Easy™ Practice Leader, Integral Qigong and Tai Chi Teacher, Ageless Grace® Educator, and Numerologist. She enjoys rock climbing, vacations in Maine, and her enthusiastic Lynx-point Siamese cat Davenport.

12:40-1:05pm – Maribeth Bevis – Tell Me Something Good

This is a sneak peek at a collaboration for an Ageless Grace book by Maribeth Bevis and Denise Medved which will combine empowering daily affirmations with Ageless Grace Tools. Inspiring, uplifting - and FUN!

Leaving the classroom setting after 14 years, Maribeth Bevis began using her teaching skills to teach senior fitness in 2010. She has been teaching Ageless Grace for almost 8 years and has been an Ageless Grace Trainer for 6 years.

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

1:15-1:40pm – Deb Reis – Balance Your Heart

Decide to prioritize your well-being in this time of chaos and uncertainty. Carve out space to tune with-in and deepen awareness of your heart. Discover healing tools to have you feeling refreshed and energized!

Debra (Deb) Reis, MSN, RN is a certified clinical nurse specialist focusing on providing integrative therapies in clinical settings for patients and healthcare professionals. Deb has been the Healing Care Coordinator for the ProMedica Cancer Institute since 2006, sharing services with several cancer centers in Northwest Ohio and Southeast Michigan. The Healing Care Program provides relaxation therapies, aromatherapy, and gentle movement therapy like Ageless Grace for those with a cancer diagnosis to help with coping, comfort, and stress management.

1:40-2:05pm – Elaine Dunphy and Jenna Eisenberg – “Dueling” Tools

"Speed date" the 21 Ageless Grace Exercise Tools with Trainer Jenna Eisenberg and Educator (soon-to-be Trainer), Elaine Dunphy. You won't want to miss this playlist and imaginative duo that will leave your inner child giggling!

Elaine Dunphy is an Ageless Grace Educator based in Paradise, Newfoundland, Canada. Elaine's personal mantra is JOY – finding it in her life and sharing it with others and creating joy through movement. Elaine actively teaches Ageless Grace, Nia and in her spare time can be found on stage belly dancing.

Jenna Eisenberg is a retired chiropractor and professional speaker who became certified as an Ageless Grace Trainer last year at age 73! She loves teaching and expanding the message and practice of Ageless Grace in any way she can. Jenna teaches 5 Zoom classes and 2 in-person classes each week along with facilitating Seminars and Certifications.

2:05-2:10pm – Ageless Grace “Commercial” with Golda (Jenna Eisenberg)

2:10-2:15pm – Break-Exercise-Hydration-Snack

2:15-2:40pm – Lana Gelb – Doin' What Comes Naturally

Learn about using holistic, natural strategies as a first resort, to prevent, address and heal “surprise” diagnoses and chronic conditions.

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 – Tracey Gelb – Our Beliefs Change Our Experiences

The gift of constantly reinforcing gratitude and positivity in every aspect of our life affects the neural pathways in our brain – which can change in the blink of an eye. The ability to make changes in our brain is completely in our hands.

Tracey Gelb is an Ageless Grace Educator and Trainer who has been teaching Ageless Grace for almost 8 years. She teaches 16 classes per week in community centers, libraries, 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.

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

3:15-3:40pm – Stacy Parish – Empowered Lines: Creativity and the Path to Wellness

This presentation is based on Neurographica, a course of study which focuses on the creative process rather than the end product. It opens the way to let go of thinking and tap into feeling and creating. Transform the story you have been telling yourself about creativity. Learn how to access your creative potential, discover and PLAY!

Note: Have a piece of standard copy paper and a sharpie or magic marker available.

Stacy Parish is an award-winning storyteller, podcast host, and educator who's been honing her craft for almost 25 years. What began as a career in professional broadcasting has evolved onto performing stages across the nation. She has been professionally involved in education and communication for over 30 years—spending the last decade creating and presenting self-empowerment workshops using the arts as her vehicle. Stacy has been an Ageless Grace Educator for the past 10 years and will soon be an Ageless Grace Trainer.

3:40-4:05pm – Christine Quayle Daer – Energy Exchange

Everything and Everyone is made of energy. Every transaction we make in life exchanges energy. Are you getting back what you put in? We need to know our value and worth! Awareness and practicing where we focus our energy is key to making intentional energy exchanges and keeping our vibes high!

Christine is an active Ageless Grace Educator in her city and virtually. She is also passionate about being a Certified Life Skills Coach and working with her online community and group coaching program for women in midlife, Power In Aging. Christine is also an Angelic Reiki Master practitioner and has an adventurous spirit, travelling extensively throughout the world. Christine can be reached at christinedaer@gmail.com.

4:05-4:10pm – Ageless Grace “Commercial” with Chef Josephine (Jenna Eisenberg)

4:10-4:15 – Break-Exercise-Hydration-Snack (Get your yoga mat and position your screen so you can see it from where you will be relaxing on the floor.)

4:15-4:40pm – Elizabeth Veras – Further Along on the Pursuit of Neural Pathways

Yoga Nidra helps reduce stress and promotes better sleep. Learn how Yoga Nidra works to rewire the brain. During this workshop you will take part in a Yoga Nidra practice and experience the benefits firsthand.

Note: Have a yoga mat available or a place that is comfortable to lie down and relax.

Elizabeth Veras has been an Ageless Grace Educator since 2018 and just recently became an Ageless Grace Trainer in February 2024. She is also Certified in Yoga Nidra. Trauma-informed, with a background in education and human resources, she loves to share, educate and learn from every age group from kids to seniors!

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

5:00-6:00pm – Optional Chat/Visit/Share/Catch-Up