

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](http://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](mailto:barbkunz153@gmail.com)  
cell: 519-852-3252



**Seasons London**  
633 Base Line Road East  
London, Ontario

### **Personal Practice – Brain Health Fitness Workshop**

Learn the 21 Tools so YOU can Practice Ageless Grace® in the comfort of your home.

March 22, 2025 ~ 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 March 8, 2025 ~ Handouts included.

**Required for Certification**

### **Educator Certification Program**

**Learn to teach Ageless Grace® in Your Community**

Two Days:

March 22, 2025 | 9:00am - 5:00pm

March 23, 2025 | 9:00am – 4:00pm

Learn how to teach Ageless Grace and create an income.

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

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

pre-register with Barbara by March 8, 2025

Check out: [www.agelessgrace.com/become-an-educator](http://www.agelessgrace.com/become-an-educator)

Please register with Barbara by March 8, 2025 at [barbkunz153@gmail.com](mailto:barbkunz153@gmail.com)