

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

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## 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



Maria Skinner is the founder of StarFish Dance Collective in MA. She is a Certified Ageless Grace® Trainer & Educator, a BeSoul™ Dance and Dance Spells™ Practitioner, Nia Black Belted, former Nia White Belt Trainer and an author.

## Ageless Grace® Educator Certification Training: 2 Saturdays: Mar 29<sup>th</sup> & Apr 5<sup>th</sup>, 2025

**Location:** Better Day Adult Social Day Program, 195 Reservoir St, Marlborough, MA 01752

~ Seminar for Personal Growth: Sat, March 29, 2025, 9am-1pm EST Fee: \$90

~ Become certified to teach Ageless Grace® Brain Health Fitness  
(includes above Seminar as introduction) All times EDT

Sat, March 29th, 2025, 9am-4:00pm AND Sat, April 5th, 2025, 9am-4:30pm  
Fee: \$390 - Includes required educator materials (Manual, Dvds & Cards)

\$315 - Without materials (Pay this if you own the materials and can bring to training)

To Register: [www.agelessgrace.com/training-schedule](http://www.agelessgrace.com/training-schedule)

For more information contact Maria: 978.314.2735 or [ynfl@msn.com](mailto:ynfl@msn.com)