

**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®?**

- Senior Living programs
- Senior Day programs
- Long Term Care Activity programs
- Community Activity programs
- Health and Fitness Professionals
- Caregivers

***Anyone and Everyone!***

**Meet your  
Ageless Grace®  
Trainer**



Dr. Jenna Eisenberg retired after 38 years in her own practice as a chiropractor. She was a motivation speaker and a college instructor for many years. Jenna now teaches six Ageless Grace classes a week and loves doing it on-line and in person! When the opportunity arises she performs a one-woman show she wrote starring four characters who love sharing their stories.

**Ageless Grace Educator Certification Training  
On-line  
March 7 & 8, 2025**

**Ageless Grace Educator Certification Training:  
Become certified to teach.**

Friday, March 7, 2025 9am-4:00pm AND Sat. March 8, 2025 9am-4:00pm.  
CENTRAL TIME ZONE

Fee: \$390-Includes required educator materials (Manual DVDs and Cards)  
\$315-Without materials (Pay this if you own materials and can bring to training)

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

For more information contact Jenna: 630-460-8708 or [jenna.eisenberg@att.net](mailto:jenna.eisenberg@att.net)