

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



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
October 3 & 4, 2025**

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

Friday, October 3, 2025 8am-3:00pm AND Sat. October 4, 2025 8am-3:00pm.
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

For more information contact Jenna: 630-460-8708 or jenna.eisenberg@att.net