

14th Annual Ageless Grace® Renew, Refresh and Retreat Presenters

Kimberly Barrett, Lincoln NE - Developing Resilience At Any Age

When it comes to resilience, the old saying “You can’t teach an old dog new tricks” does not apply. Resilience is a skill that can be developed any time – at any age. In this session, learn simple things you can do every day to not just “get through” hard times, but to bounce back better.

Kimberly Barrett has studied and worked in the health and wellbeing field for almost 30 years - in public health, coaching health and fitness, academia, corporate wellbeing, and senior health. Kimberly loves all things physical - especially hiking and biking outdoors, teaching fitness classes and personal training - and her awesome family - 3 kiddos (Chloe, Will, Lucy), black lab (Athena) and husband Mike.

Maribeth Bevis – Tell Me Something Good: Positivity and Social Connection

Learn about the importance of community, social connection and positivity in creating a life that you love - with the benefit of affirmations, Feng Shui and, of course, Ageless Grace!

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 9 years and has been an Ageless Grace Trainer for 7 years. Maribeth and Denise Medved are co-authors of the book “Tell Me Something Good: An Ageless Grace Book of Days”.

Doreen Blue, Hendersonville NC – American Sign Language Finger Spelling and The Fairy Trail

Doreen has a passion for volunteering and connecting with others. Join Doreen on Saturday for a visit to the Fairy Trail at Bullington Gardens, 95 Upper Red Oak Trail, Hendersonville, and on Sunday she will share ASL Finger Spelling Sign Language in the morning Ageless Grace class.

Doreen Blue is a retired special needs educator from Rhode Island. She is an Ageless Grace Educator and she also teaches water aerobics. She loves volunteering, ever since her high school days, and enjoys volunteering with MountainTrue, the NC Senior Games and Special Olympics, Bullington Garden Center, and Carl Sandburg’s Home.

Jenna Eisenberg, Wheaton IL – Cardio Drumming and “The Girls”

Cardio Drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. This will be done seated and barefoot. Join in and experience a really great time!

Jenna Eisenberg is a retired chiropractor and professional speaker who became certified as an Ageless Grace Trainer at age 73! Since retirement, Jenna’s three favorite things to do are all things Ageless Grace, taking Improv theater classes and performing improv, and singing with the Sounds Good choir for older adults which is like going to Happy Time Day Camp (where she attended every summer from age 5 to 12) all over again!

Tracey Gelb, Pembroke Pines FL – Healing Trauma Holistically

There are many kinds and variations of trauma that we have experienced and will experience in our lives. Tracey will share different holistic ways of helping to heal from trauma and thrive.

Tracey Gelb is an Ageless Grace Educator and Trainer who has been teaching Ageless Grace for 9 years. She teaches 14-16 classes per week in community centers, libraries, assisted living, memory care, independent living, on Zoom and at spas. Tracey also runs a wellness and healing support group and was the host of “Living a Graceful Life” on The Win Win Women Network for 2-1/2 years.

Mandi Green, Hendersonville NC – Unlock Your Brain’s Potential: One Breath at a Time

Explore the powerful connection between breath, mindfulness, and cognitive vitality. Drawing on current research and timeless wisdom, learn how just a few intentional minutes each day can enhance memory, focus, and emotional resilience, and support your mind and nervous system.

Mandi Green is a Certified Meditation Teacher, Cognitive Coach and Ageless Grace® Educator dedicated to making mindfulness simple and accessible — especially for older adults. She’s the creator of Meditation Made Easy™, a science-backed program that supports brain health, emotional resilience, and calm. Grounded in research and heart, Mandi offers practical tools to help strengthen the aging mind — one breath at a time.

Kallie LeLever, Franklin NC - Working WITH the Moon's Rhythms

As women, we know that we, and the world we live in, are influenced by the moon. Together, we’ll explore how to work WITH it for our greatest good, and to harness this natural power that was innate to our ancestors and that many of us have forgotten. We will learn multiple tools to help us to live in harmony with the lunar phases to plant the seeds of our dreams, and pull out the weeds that prevent their growth. There will be movement, meditation and music!

Note: Please bring a yoga mat and blanket for comfort. Chairs will be available.

Kallie LeFever is a Wellness Educator and Ageless Grace Educator who works with children and adults to facilitate mindfulness. She fell in love with the mountains of western North Carolina and moved here in 2021, about the time she began being aware of the rhythms of the moon.

Audra Mace, Bethel CT – Chakradance™: Power Animal Meditation & Dance

In Shamanic cultures, it is believed that everyone has a power or spirit animal. An animal always brings with it a gift or instinctual and timely message. Take a journey, guarded by a spirit guide animal, to discover your power animal waiting to meet you beyond a sacred gateway in this special meditation exercise. Receive the wisdom your power animal has to offer you, then invite your animal to dance with you merging your energies forging an intimate bond.

Audra Mace has been promoting peace and self-care by leading health and wellness mind-body-spirit practices since 2017 as a Tai Chi Easy™ Practice Leader, Chakradance™ Facilitator, Reiki Master, and Numerologist. She says Ageless Grace has been the icing on her cake! She is a new Ageless Grace Trainer & Educator with the Specialty Certification for Parkinson's and a SilverSneakers FLEX Instructor.

Denise Medved, Hendersonville NC - Tell Me Something Good: Positivity and Social Connection

Learn about the importance of community, social connection and positivity in creating a life that you love - with the benefit of affirmations, Feng Shui and, of course, Ageless Grace!

Denise Medved is the founder and creator of Ageless Grace® and her two passions are movement and the ancient art of Feng Shui. She studied at the Western School of Feng Shui with famed master and author Terah Kathryn Collins and has since been a consultant to individuals, corporations and communities for more than 20 years. Denise and Maribeth Bevis are co-authors of the book "Tell Me Something Good: An Ageless Grace Book of Days".

Kat Papineau, Fletcher NC and Lake Worth Beach FL – Sound Meditation

Come rest and restore as you learn holistic practices helping you to surrender into life's stressors and challenges rather than collapse under them. The healing sounds of crystal and metal singing bowls, rainstick, and drum help quiet the mind, and relax the body while promoting feelings of inner peace, harmony, and balance.

Note: Please bring a yoga mat and blanket for comfort. Chairs will be available.

Kat Papineau is a retired master's level medical social worker having worked in various healthcare settings including hospice. She is also certified as an Advanced Energy Medicine and Sound Healing Practitioner, Reiki III Master, 200-Hr Yoga Instructor, Level I Restorative Yoga Instructor, Ageless Grace® Educator and is co-author of the book "Be Light in Grief".

Annie Sparks Poteat, Asheville NC – Asking For and Receiving Answers to Life Questions in Your Dreams

Annie will share a few of the most profound and magical ways in which she has received information and guidance through her dreams. Then we will take a short waking dream journey together so that you may begin to work with your own dream guide / dream self.

Note: Bring a question or a request of your own that you would like to dream on.

Annie Sparks Poteat is a Certified Active Dreaming Teacher since 2008. She is also a Black Belt Nia Teacher with 27 years experience, whose Nia teaching career began with a dream that guided her (in no uncertain terms) to step foot onto that path.

Rebecca Rushing, Charlotte NC – Positive Approach to Care

Is someone experiencing Typical Aging or Atypical Aging? Positive Approach to Care (PAC) Skills are a series of immediately useful care techniques, which are the foundation of the Snow Approach. Instead of focusing on what has been lost, PAC skills utilize the abilities that remain.

Rebecca Rushing's nursing career allowed her to explore all areas of Nursing, however, her true love was always working with dementia clients. She became a certified Ageless Grace Educator in 2016, and then in 2017 she attended an all-day training session with Teepa Snow. In 2019 she became a Positive Approach to Care Certified Independent Trainer. She feels truly blessed to have been given the chance to be a part of these incredible and enlightening organizations!

Kate Stockman, Saluda NC – Setting Your Intention

In this playshop, we will spend a bit of time going within to ascertain and affirm what YOUR intention for attending this retreat is! Once you've written it (privately), you'll create a collage to show what your intention means to you. Collage supplies will be provided.

Note: If you have special images you would like to use in your collage please bring them with you.

Kate Stockman is a multi-media artist who calls her work "TouchStones Anecdotal Art (each piece tells a story; perhaps it touches your story)" and Kate relishes sharing stories with others. Kate has also launched a new effort, "Circles & Ripples" with the vision of holding sacred circles throughout the year to support and encourage women in our journeys of self-empowerment.

Visit Kate's Etsy store at Wew.Etsy.com/KateStockmanDesigns, and her website at www.KateStockmanDesigns.com.

Melinda Q. Toney MD, Asheville NC – Breath, Movement and the Autonomic Nervous System

How does conscious breath affect the ANS? Can we hone in the power of the breath into our movement, and how does this affect the ANS? We will explore together how we can promote ANS balance with conscious breath and movement with our Ageless Grace practice.

Note: Melinda will be offering a Transformational Breath® Experiential Workshop Saturday 6:00-7:30pm. If you will be attending, please wear comfortable, loose clothing and thick socks. Also bring a water bottle, and, if you prefer, two pillows and a blanket. Register with Melinda; \$50 fee.

Melinda Q. Toney, MD is founder of Awaken Chrysalis, and is board certified in Integrative Medicine with 30 years experience of Holistic Family Medicine. Her passion to understand and empower the most essential ingredient of healing, the Healer Within, has fueled her venture into Anthroposophic Medicine, Homeopathy, Functional Medicine, Energy Medicine, Breathwork, and Ageless Grace!

Vicki Wilson, Wilmington OH – Tactile Meditation: Creating Mandalas

Mandalas are geometric configurations of symbols, representing the universe, unity, harmony, and the connectedness of all things. Creating these ancient symbols can be a form of meditation. In this session, you will be invited to use a basic set of concentric circles and repetitive motifs to create your own mandalas with colored pencils and/or Sharpies. Although your creation will undoubtedly be beautiful, this is a no-judgement zone and will focus on the process, not the product. Mandala materials will be provided.

Vicki Wilson is a retired college professor and administrator with specialties in educational research and gifted education. In retirement, she makes and sells knitted and sewn items including hats for cats. She is the author of two books – "Building on Student Diversity" and "Gambling and Gender: Men and Women at Play". Currently she is co-president of the Alliance for Compassion and Truth, a progressive, women-led advocacy group in Wilmington, Ohio.