

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

**Meet your
Ageless Grace®
Trainers**



Who can use Ageless Grace®?

- Health and fitness professionals
- Persons with challenges
- Wellness programs
- Teachers
- Baby Boomers
- Caregivers

Anyone and Everyone!

Kathy Woods is a Certified Ageless Grace® Educator/Trainer with 25+ years of experience enriching people's lives through music and dance. She creates, produces and teaches classes, workshops and programs for studios, arts camps, retirement facilities, recreation departments – has coached other dance teachers and now AG Educators. She is known for her joy, enthusiasm, personal attention and ability to make her classes, seminars and workshops uplifting.

Ageless Grace® Educator ReCertification

When: Fridays, (2-part) July 24 7:00-9:00pmET &
July 31, 7:00-8:30pmET
VIA ZOOM | \$60

(You will receive the ZOOM address closer to the date of the Recertification)

This is your opportunity to come together with Kathy Woods and other Ageless Grace® Educators to: review the basics – discuss best practices – develop your teaching strategies – ask questions – receive and share ideas. Note: Kathy specializes in music, themed classes plus helping Educators personalize their classes.

Register Online: www.agelessgrace.com/training-schedule

For more information ~ Kathy Woods 708-955-3552

AgelessGraceWithKathy@gmail.com

Message from Kathy:

Hello, It's Me. I love playing with music and movement. Maybe you're getting All Shook Up and spending nights Tossin' and Turnin' because this whole music thing is confusing? Or maybe you simply want some new ways to work with your music. Let's have some Good Times exploring music with Good, Good, Good Vibrations. See you Later, Alligator – Kathy