

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)

**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® Seminar** **(for personal practice & growth)**

For the person who wishes to learn the program basics but  
not teach it.

**(2-part) Wednesdays, July 15 & 22** (4-hours total)  
VIA ZOOM (Link will be sent after registration)

**7:00pm-9:00pmET (both days)    Fee: \$90**

**To register: <https://agelessgrace.com/training-schedule/>**

More info? Contact Kathy Woods 708-955-3552  
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