

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®?

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

Anyone and Everyone!

Meet your
Ageless Grace®
Trainers

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) Saturdays, Oct 10 & 17 (4-hours total)
VIA ZOOM (Link will be sent after registration)

12:00pm-2:00pmET (both days) Fee: \$90

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

More info? Contact Kathy Woods 708-955-3552
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