

Ageless Grace® Renew, Refresh and Retreat Schedule

I'm so excited to share the line-up of AMAZING and AWESOME women who are presenting at the **15th Annual Renew Refresh & Retreat** sponsored by Ageless Grace® -- showcasing very talented and passionate certified Ageless Grace Educators and Trainers as speakers, facilitators and presenters on the subjects they LOVE! See below for events and presentations that will ask you to bring items with you.

Let's PLAY together – and laugh and hug, and maybe even cry a few tender tears!

Xoxoxoxo Denise Medved

Thursday June 25

- 1230-230pm** *Ageless Grace Trainer Lunch* – at Denise's nearby Home, 2314 Kanuga Road, Hendersonville, NC 28739
- 230-330pm** Check in, pick up your Retreat folder, stroll along Hendersonville's Main Street.
- 330-4pm** *Welcome Ceremony and 10 minutes of Ageless Grace with Denise*
- 4-530pm** *Kate Stockman – The Healing Power of Art*
- 530pm** Depart for Denise's house (address above, 10 minutes away, lots of parking)
- 6-8pm** *Feast of Fellowship and Abundance* - Each person brings a dish to share and we eat together at Denise's & Roger's home.

Friday June 26

- 9-10am** *Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators*
Trainer Tracey Gelb shares Grab Bag "Hand Jive"
- 10am** Travel to Bullington Gardens, 95 Upper Red Oak Trail, Hendersonville, NC 28792
- 1030-1130am** *Visit to The Fairy Trail with Doreen Blue at Bullington Gardens*
Note: You may want to bring your walking shoes
- 1130am** Leave for 1st Congregational Church, 1735 5th Ave W, Hendersonville NC 28739
- 12-1pm** *Labyrinth Story, History and Meaning*, followed by walking the Church's sacred outdoor Labyrinth - with Special Guest Presenter Karen Appleby.
- 1-230pm** Lunch Break on your own. A Restaurant List with vegetarian and gluten-free options will be provided. Vendors set up their tables in the Shopping Mall at this time and bring their own lunch or eat nearby.
Clothing Swap - bring gently worn clothing you want to trade in return for someone else's clothing treasures - throughout the Retreat!
- 230-315pm** *Audra Mace - Instant Insight with Numerology*
- 315-330pm** Mini-Break
- 330-415pm** *Mary Clark – Creating Exciting, Engaging Themes for Your Ageless Grace Personal Practice and Classes*
- 415-430pm** Mini-Break
- 430-515pm** *Sharyon Miller - Hugs, Neuroplasticity, and the Healing Power of the Human Touch*
- 515-530pm** Mini-Break
- 530-6pm** *Julia Desmond - Shake Off the Day!*
- 6pm** Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville.

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Saturday June 27

- 9-945am ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***
Educator Doreen Blue shares ASL Finger Spelling
- 945-10am Mini-Break
- 10-1045am ***Emily Walls Ray – Enhance Creativity with Storytelling Techniques***
- 1045-11am Mini-Break
- 11-1145am ***Jenna Eisenberg – Cardio Drumming***
- 12-130pm Lunch Break on your own, shop in the Shopping Mall
- 130-230pm ***Carol Gerson - Improving Balance and Fall Prevention***
Note: There is a \$3 fee for the purchase of a “spiky massage ball”
- 230-245pm Mini-Break
- 245-330pm ***Jenna Eisenberg and “Her Girls”***
- 330-345pm Mini-Break
- 345-430pm ***Kimberly Barrett - Brain Games Get Physical***
- 430-445pm Mini-Break
- 445-530pm ***Christina Ernst - Self-Care Wellness Practice***
Note: Please bring a yoga mat or towel, and pillow for comfort.
Chairs will be available.
- 530-630pm Shop in the Shopping Mall
- 630pm Dinner on your own — see the Restaurant List for some of the delicious options in Hendersonville.

Sunday June 28

- 9-930am ***Ageless Grace® Practice & Play with Ageless Grace Trainers & Educators***
- 930-1015am ***Tracey Gelb – Because We Have To Eat***
- 1015-1030am Mini-Break
- 1030-1115am ***Jeanine Kowalski – Inflammation Unveiled: Understanding the Causes, Risks, and Management for Better Health***
- 1115am-12pm ***Deb Reis – Flowing with the Elements: A Moving Meditation of Peace***
- 12-1215pm ***Closing Ceremony – Denise Medved***
- 1215-1pm ***Make your final purchases in the Shopping Mall!!***
Safe travels home!