

15th Annual Ageless Grace® Renew, Refresh and Retreat Presenters

Kimberly Barrett, Lincoln NE - Brain Games Get Physical

Brain Games Get Physical is a fun, interactive activity that combines purposeful movement with mental challenges such as memory, decision-making, and reaction tasks. Participants think while they move through simple, adaptable exercises that support brain health, balance, and coordination. The focus is on engagement and accuracy over speed, making it accessible and enjoyable for a wide range of abilities and settings.

With more than 30 years of experience in the health and wellbeing field—as a certified fitness trainer, health and wellbeing educator, and senior industry leader—Kimberly Barrett is passionate about training and mentoring others in Ageless Grace. She currently serves as the Director of Lifestyle and Wellness for a large national retirement community organization, where she ensures every community has a certified Ageless Grace Educator on site to support lifelong brain and body health.

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 for a visit to the Fairy Trail at Bullington Gardens, 95 Upper Red Oak Trail, Hendersonville, and also for a special presentation learning the songs “What A Wonderful World” and “Somewhere Over the Rainbow” with American Sign Language.

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.

Mary Clark, Adventura FL - Creating Exciting, Engaging Themes for Your Ageless Grace Practice and Classes

Learn how music impacts mood, movement and memory, and ways to create fun themes you and your students, will enjoy. We will also cover ways to inspire each other to formulate new themes, and how "props" can stimulate your creativity and your students as well.

Mary Clark is originally from Connecticut and has a B.S. from Iona University in New York. She took her first Ageless Grace class in January 2017 and loved it so much she became an Educator in 2018. When not doing Ageless Grace she enjoys swimming, reading, music - and dogs!

Julia Desmond, Highlands Ranch, CO – Shake Off the Day!

This 20-minute class format uses 6-7 Ageless Grace tools to promote stress relief and relaxation. Applicable to a variety of populations from seniors to overworked young professionals. Use this class to transition your participants to a relaxed end of their day. Suitable for in-person and Zoom classes, and your personal practice.

Julia Desmond is an Ageless Grace Educator/Mentor Trainer and a long time Nia Instructor. She has been leading Ageless Grace classes for 8 years and started offering her online Stress Relief/Relaxation class in 2020.

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!

Christina Ernst, Evanston IL – Self-Care Wellness Practice and InterPlay

Self-Care Wellness Practice: Learn a daily morning routine, which begins while you are still horizontal and transitions to getting up. Start the day with self-care to rejuvenate yourself, to awaken your entire system and your whole self. Includes breath, mindful touch, massage and stretches.

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

InterPlay: InterPlay is based on a series of incremental “forms” that lead participants to movement and stories, silence and song, ease and amusement. In the process, we unlock the wisdom of the body in ourselves and our community. We will explore some of the forms with devotion to fun!

Originally from Switzerland, Christina Ernst is a dynamic professional dance artist with a long career as a performer, teacher, choreographer and artistic director. Because of her lifelong passion for movement, she continues to share its many benefits in relation to health, community-building, joy, collaboration, and creativity.

Carol Gerson, Aiken SC – Improving Balance and Fall Prevention

Learn ways to use Ageless Grace tools to consciously incorporate balance postures more effectively for fall prevention, and to create “healthy feet”. **Note:** There will be a \$3.00 fee for purchase of a “Spiky Massage Ball” to be used in this presentation.

Carol Gerson has stayed active in many fitness modalities throughout her life. Brain and Body Fitness became her passion 15 years ago. Educating students in a fun way about the importance and benefits of staying functionally and mentally active gives her much gratification. Carol is a Graduate of U of MD School of Business.

Jeanine Kowalski, Hickory NC - Inflammation Unveiled: Understanding the Causes, Risks, and Management for Better Health

This presentation explores what inflammation is, why it occurs, and how it impacts overall health and aging. Attendees will learn about common triggers, associated health risks, and practical, evidence-based strategies—including movement, lifestyle habits, and daily choices—that can help manage inflammation and support long-term wellness.

Jeanine Kowalski is a Master Grief Coach, Certified Dementia Care Practitioner, Certified Ageless Grace Educator, and an Activation Wellness Coach focused on reducing oxidative stress. She is also the founder of Luminary Grace Dementia Care and Grief Coach. Jeanine is passionate about empowering individuals and caregivers with practical tools that support brain health, resilience, and whole-person wellness. Through education, coaching, and engaging presentations, she blends science-based insight with compassionate guidance to help people thrive physically, emotionally, and cognitively.

Audra Mace, Bethel CT – Instant Insight with Numerology

Using simple addition, learn to interpret the energetic influences of numbers in your life and apply this knowledge for self-discovery, personal growth, and compatibility with friends, family, romantic partners, and co-workers. Numerology, a metaphysical science, is an empowering self-help tool and guiding system that uses your name and date of birth to reveal your life's blueprint.

Audra Mace is an Ageless Grace® Trainer and Educator with the Specialty Certification for Parkinson's and a SilverSneakers FLEX Instructor. She integrates a range of holistic modalities to make wellness practical, effective, and accessible as a Tai Chi Easy™ Senior Trainer and Practice Leader, Chakradance™ Facilitator, Reiki Master Teacher, and Numerologist.

Sharyon Miller, Pensacola FL and Jill Hill, Hendersonville NC - Hugs, Neuroplasticity, and the Healing Power of the Human Touch

This uplifting presentation explores the science and soul behind hugs, highlighting how human touch supports neuroplasticity, emotional connection, and overall well-being. Participants will learn how safe, intentional hugs can reduce stress, build trust, and enhance brain health at every age. Designed especially for caregivers and aging communities, this session celebrates the power of touch to heal, connect, and bring joy.

Sharyon Miller is an Ageless Grace® Educator with over 10 years' experience inspiring active, joyful aging. She is also a Silver Sneakers® instructor of 10 years, a Laughing Yoga coach for 6 years, and a Dementia Support Facilitator with 12 years of dedicated service to care partners and individuals living with dementia

Jill Hill is an Ageless Grace Administrative Assistant and is passionate about Ageless Grace and hugs!

Emily Walls Ray, Richmond VA – Enhance Creativity with Storytelling Techniques

Learn to use storytelling techniques to enhance creativity - in your Ageless Grace classes or in your personal practice at home - with vignettes you create using the five senses, and beginning, middle, and ending story arcs. Writer and Ageless Grace Educator Emily Walls Ray will demonstrate and suggest playlists to accompany your stories. Picture “paddling down the river” and spying otters, turtles, etc. The technique is easily adaptable to seasons and the 21 Tools of Ageless Grace.

Emily Walls Ray writes about nature, faith, friendship, and the art of conversation. A writer of fiction, nonfiction, and poetry, she has published a collection of short stories called “Tracks from Tuscaloosa”, available on Amazon (and at the Annual Retreat). Her upcoming work includes a collection of children's short stories and a memoir about motherhood. She served in the U.S. Air Force, and retired as a teacher of English and creative writing. She has taught Ageless Grace for three years. She is a grandmother of three and she especially enjoys teaching Ageless Grace in memory care, in addition to reading aloud to people of all ages and stages.

Debra Reis, Ottawa Lake MI – Flowing with the Elements: A Moving Meditation of Peace

Experience a gentle moving meditation inspired by the elements of earth, air, water, and fire. Through breath, sound and simple movement, discover how to feel more grounded, relaxed, and energized.

Debra Reis, MSN, RN, is a clinical nurse specialist, speaker, and international educator with over 25 years of experience helping healthcare and organizational teams reduce burnout and boost retention. Through her I-S.T.E.P. program, including Ageless Grace and other integrative strategies grounded in science and soul, Deb guides others back to balance in 5 minutes or less. Featured in USA Today and International Business Times. Learn more at www.debrareis.com.

Kate Stockman, Saluda NC - The Healing Power of Art

Did you know that 40 minutes of creating art reduces the cortisol level in the body? Art is fun AND healing! Kate will discuss some of the miracles Art can accomplish. Then we will have a chance to create our own healing collages.

Artist and teacher Kate Stockman cherishes any opportunity to promote positive change through Art. She relishes swimming in those warm currents of creativity. Dive in! The water's fine! Learn more at www.KateStockmanDesigns.com.

Karen Appleby, Hendersonville NC, Special Guest Presenter – Walking the Labyrinth

Karen Appleby balances the many facets of her busy life as a wife, mother, grandmother, friend, and spiritual leader. Professionally, Karen is a retired ordained clergywoman. Her ecumenical upbringing, progressive theology, love of teaching, and planning spiritual growth opportunities for others, pairs perfectly with her deep love of labyrinths and other contemplative practices.