

It's never too late to begin. It's never too early to start.

ageless *Grace*[®]



**Timeless Fitness
for the Body & Brain[™]**

Ageless Grace[®] Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace[®] Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace[®], the ability to respond, react and recover.

For more information, please visit: www.agelessgrace.com



Maria Skinner is an Ageless Grace[®] Educator Trainer. She is the owner of StarFish Dance & Yoga in MA. In addition to Ageless Grace[®], Maria is a BeSoul[™] Dance Trainer & a former White Belt Nia Trainer. She co-authored the book "My Hungry Head" and co-authored the Spanish translation of Our Bodies, Ourselves; Nuestros Cuerpos, Nuestras Vidas.

**The Ageless Grace[®] Program
is ideal for:**

**Anyone who wants to stay
cognitively fit and vibrant
through stimulation of
neuroplasticity**

**All health and fitness
professionals desiring
brain health skills
on their resume**

**Special populations,
including those with
physical or mental
limitations**

**Caregivers working with
special populations**

Introduction to Ageless Grace[®]

Wednesday, September 27th

Location: Dodge Park Rest Home

101 Randolph Road Worcester MA 01606

Time: 6:00-6:45pm

**Come learn play with me and increase your neuroplasticity through fun,
music and simple movement!**