

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

ageless Grace®



Timeless Fitness
for the Body & Mind

Ageless Grace® Anti-Aging Exercises Almost Anyone Can Do

The **Ageless Grace®** program — **21 Simple Tools for Lifelong Comfort and Ease** — can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions, and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic — there's no need to learn any special choreography.

Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. The easy-to-learn Tools of **Ageless Grace®** promote the "Three Rs" of lifelong comfort and ease — not reading, 'riting and 'rithmetic — but the ability to respond, recover, and react efficiently and safely.

For more information about Ageless Grace®, please visit www.agelessgrace.com



Sandy Bramlett, M.Ed., is a Certified Ageless Grace® Educator and Trainer, a Nia™ Black Belt Teacher, Certified ChiWalking Instructor, and pioneer Callanetics Teacher; she is the creator of the "Working-Out in the Garden" exercise program, and a frequent workshop presenter on functional fitness and body-mind modalities.

The Ageless Grace® Program is ideal for:

- Anyone who would like to stay youthful and vibrant while having fun!
- Fitness professionals who work with those medically challenged or physically limited.
- Caregivers (professional or family members) who want to provide ease of movement to their clients and/or loved ones.

Ageless Grace® is...

- PREVENTATIVE MAINTENANCE for most people
- RESTORATIVE for seniors
- DEVELOPMENTAL for children

Based on the science of neuroplasticity, all 21 Tools stimulate and utilize the five areas of the brain... analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination!

Come learn how you can apply the benefits of the Ageless Grace® program for your students, your clients, your loved ones and yourself!

with Certified Trainer/Educator, Sandy Bramlett, M.Ed.

Hosted by Orchard at Tucker, 2060 Idlewood Rd., Tucker, GA 30084

<http://orchardseniorliving.com/> 770-938-5600

Personal Practice Seminar

Teacher Certification

Become a Certified Educator to teach Ageless Grace® (no experience needed)

Friday, Mar 11, 2016

A 4-hour introduction and overview of
The 21 Ageless Grace® tools for personal use

2:00-6:00pm

Cost: \$55 (\$30 with Certification)

Saturday & Sunday, Mar 12-13, 2016

Become Certified to teach
Ageless Grace® Brain/Body Exercises

Sat: 9:00-6:30 & Sun: 9:00-1:30

Cost: \$350 (includes Training Materials)

Free 30 min Community Class March 12th ~ 1:30pm & March 13, 2016 12 noon - RSVP

Registration: <http://agelessgrace.com/2016-03-11-atlanta-metro-area/>

For information contact the Trainer, Sandy Bramlett • 678-576-9553 • swbsun@aol.com

Host Contact: Kim Chaney 770-938-5600 (Orchard at Tucker)