

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

ageless *Grace*<sup>®</sup>



Timeless Fitness  
for the Body & Brain<sup>™</sup>

## Ageless Grace<sup>®</sup> Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace<sup>®</sup> 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<sup>®</sup>, the ability to respond, react and recover.

For more information, please visit: [www.agelessgrace.com](http://www.agelessgrace.com)



**Music & Movement for the Body & Brain**

*Educator, Julie Marner*

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The Ageless Grace<sup>®</sup> 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

A Message from Julie!

I took an Ageless Grace class with my mom while visiting her in Iowa in 2019. I loved it so much I became an Ageless Grace<sup>®</sup> Educator! Now, I'd love for you to join my Music & Movement classes!

**When:** Every Monday at Good Sam Church in Roetter Hall from 9:00 a.m. – 10:00 a.m.  
**\*\*\*Our first class begins on Monday, November 1!\*\*\***

**What:** Bring yourself and wear comfortable clothing. We'll all be seated for the 45-minute class and will move and stretch from our seats. The class is done best with bare feet...back to the basics!

**Cost:** **Class on November 1 is free to all.** Classes on subsequent Monday mornings cost \$15 per person, per session. I take the following payments: cash, check, credit card, Venmo, & PayPal.

**Register:** Please email me to register at [Julie.marner@yahoo.com](mailto:Julie.marner@yahoo.com). I look forward to playing, laughing, singing, and moving with you to benefit your body & brain!