



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

Ageless Grace® Brain Health Fitness is a Brain & Body Exercise Program based on the science of *neuroplasticity*: the ability of the brain and nervous system to continue to change its structure and function throughout our lives.

It activates all 5 functions of the brain and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

Can be practiced by almost anyone of any age regardless of physical or cognitive ability

21 simple exercise Tools based on everyday movements that are natural and organic

Performed seated in a chair for better cognitive, core and systems engagement

Easily incorporated into existing Activity Programs

Fun, playful, creative program based on solid neuroscience

Ageless Grace can be used in Independent Living, Assisted Living, Memory Care, Home Care, Senior Services, Adult Day Programs

Cost: \$390 - includes required educator materials (Playbook, DVDs, cards)
\$315 - if you already have required materials

Become a Certified Ageless Grace® Brain Health Fitness Educator

Contact V'Ann Giuffre

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