

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



Instructor Sara Lowry is a certified Ageless Grace educator and certified in Brain Health by the University of New Hampshire. Sara has taught classes in person and online via zoom to various groups and organizations. Currently, Sara is the Ageless Grace Instructor in Glen Rock NJ for the Glen Rockin' Seniors.

**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**

AGELESS GRACE BRAIN AND BODY HEALTH FITNESS PROGRAM

at

**the Municipal Annex
678 S. Maple Avenue
in Glen Rock**

**Tuesdays and Thursdays
10:30 am**