

## The Science of Neuroplasticity and Ageless Grace®

*21 Simple Tools for Lifelong Comfort and Ease™ - Anti-Aging Exercises That Almost Anyone – of Any Age – Can Do!™*

This introductory educational program introduces all ages and all abilities to the 21 Simple Tools for Lifelong Comfort and Ease™ of Ageless Grace®. Each tool addresses a primary factor that causes aging in the body if you “live longer and practice less” — each tool provides many secondary fitness benefits — all 21 tools stimulate and utilize the five areas of the brain – analytical, strategic, kinesthetic learning, memory/recall and creativity and imagination!

Ageless Grace® works by re-opening the neural pathways that were created from the time you were born until approximately the age of 21 years old. Functional and cognitive skills were developed through typical childhood games, sports and activities that are now no longer “practiced” as adults. The 21 Tools of Ageless Grace® re-open those pathways and, equally important, create new ones by practicing functional movements we don’t already know how to do.

Practicing, remembering and learning these simple skills allow positive results to come surprisingly quickly – much like remembering how to ride a bicycle after many years. These aspects of movement practice combine as the process of *neuroplasticity*, (the ability of the [brain](#) and [nervous system](#) to change structurally and functionally), and are vital to active aging and youthful function.

The movement Tools of Ageless Grace® are organic rather than choreographed, and focus on using the core to stimulate cognitive function and physical function simultaneously. The Tools are practiced using a chair for stability, range of motion and engagement of the core. This allows all ages and abilities of seniors to practice it, as well as baby boomers, young adults, those with weight, joint, diabetes and other challenges, those in wheelchairs or with other physical limitations — and kids absolutely love it! It also provides a great multigenerational program for grandparents, adult children and grandchildren to share.

Ageless Grace® is a profound body of work that provides amazing results in all ages — yet it simple to learn, playful, easy to do - and FUN! It may change the model of aging in America – and the world! - and change the quality of function in your own future.

Presented by the Founder and Creator of Ageless Grace®, Denise Medved, who spent 7 years with a Duke–affiliated hospital and studied with a university graduate department in nursing on gerontology to develop this creative approach to aging. She was an International Nia Technique Trainer for 15 years, has been teaching Nia for 27 years, is a Certified Personal Trainer, tai chi and feng shui instructor, and was in the corporate marketing and PR world for 29 years with Fortune 1000 companies.