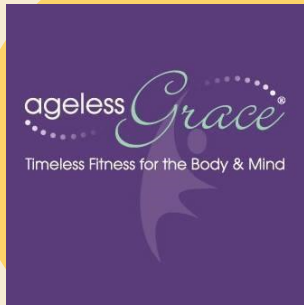


TAKE CARE TUESDAYS

Helen B. Hoffman Plantation Library
501 N. Fig Tree Lane
Plantation, FL 33317
954-797-2140



AGELESS GRACE

1st and 3rd Tuesdays of the month at 2 PM



Ageless Grace™ is a Brain-Body Health program based on the cutting edge science of Neuroplasticity, and is the most relevant, dynamic and beneficial exercise program available for those anxious to maintain and improve physical and cognitive function.

Ageless Grace™ consists of 21 tools which address all aspects of healthy aging –working the Body organically to stimulate all 5 functions of the Brain.

It is done in a chair - not because persons are NOT able to do standing exercises (although this is a great benefit for many demographics), but because working in a seated position, works the core and stimulates the brain, other organs and systems in a way that standing doesn't.

