

**PRESS RELEASE:**

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**Pardee offers Ageless Grace program for the Body, Mind, Emotions and Spirit**

*(Hendersonville, N.C.)* Pardee will be offering Ageless Grace™ each Thursday starting Feb. 4 from 9:45 to 10:30 a.m. at the Pardee Health Education Center. The cost is \$64 for a series of eight classes and the first class is free. Ageless Grace is a fun, fitness and wellness program designed for all ages and abilities that focuses on the healthy longevity of the body, mind, emotions and spirit.

The Ageless Grace program has been developed by Denise Medved, international NIA education trainer, first degree black belt NIA instructor, Tai Chi teacher, AFAA certified personal trainer, Feng Shui consultant and international presenter and speaker.

“It is based on movement exercises that are natural and come with ease. These four realms (body, mind, spirit and emotions) when in balance create health and well-being, reduce stress, keep the mind agile and the body responsive and allow the body to function at its optimal range of motion throughout the duration of the participant’s life. It’s never too early to start Ageless Grace and it’s never too late to begin,” according to Medved.



Tools for the program include the basic 52 moves of the NIA Technique, props, chairs and chair play, imagery, breath-work, energetic exercise, Tai Chi and other forms of martial, dance and healing arts.

Registration is not required for this class. For additional information call toll free 1-866-790-WELL (9355).

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

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