



# SAIL : Stay Active & Independent for Life

*Classes are specifically designed for people 65 years or older to help improve balance and mobility; reducing the risk of falls and improving quality of life. Each class can be tailored to fit individual needs and are perfect for any fitness level-you can even participate sitting down!*

**Stay Active & Independent for Life (SAIL)** is a strength, balance and fitness program.

- **It works...** you'll be stronger, have better balance, feel better.
- **It's safe...** the instructor is trained and skilled, and exercises have been tested with older adults.
- **It's fun...** you'll meet others and make new friends.

**Tuesdays and Fridays | starting August 9**  
**MNAW Social Services Room, Door W1 | 9am - 10am**

For more information or to register, please contact Barb at 218-878-2141.

Must meet program eligibility requirements.  
Fond du Lac Human Services Division | Diabetes Program