



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+



IT WORKS: You'll have stronger muscles, better balance, & more confidence, so you can stay ACTIVE & INDEPENDENT while preventing falls

IT'S SAFE: Instructors are experienced & skilled, and exercises have been tested with older adults & proven effective (approved by National Council On Aging)

IT'S FUN: You'll make new friends, hear great music, & get a boost of energy in every class to help you live with joy & enthusiasm



Thursdays - Lifespan Academy
April 12, 2018 - May 31, 2018
10-11AM

To Register, call Lifespan @ 404-237-7307

Peachtree Presbyterian Church
3434 Roswell Road NW, Atlanta, Georgia 30305

What you will get in your SAIL Class:

- ◆ One hour of fun, energizing exercise
- ◆ Exercises that are adapted for your individual physical abilities, you can sit or stand & still benefit
- ◆ Activities specifically designed to help maintain & improve your balance
- ◆ Free Copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+"
- ◆ Fun, Laughter, Friends, & Fitness (*and maybe a chocolate treat!*)