



# Stay Active & Independent for Life (SAIL)

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

## It Works!

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

## It's Safe!

The instructors are experienced and skilled, and exercises have been tested with seniors.

## It's Fun!

You'll meet other seniors and make new friends!

**One-hour classes are held  
twice a week beginning  
April 22<sup>nd</sup>, 2025**

**Portage Commons Senior Enrichment Center**  
133 N. William St., South Bend, IN 46601

**Tuesday + Thursday**  
**2:30 p.m. – 3:30 p.m.**

**For more information:**  
call (574) 284-7189

**SCAN ME**



Scan QR Code or call (574) 284-7189 to register!

HEALTH EDUCATION

Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act and Saint Joseph County Department of Health through the Health First Indiana Grant.

