



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
August 5th, 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.

