

SAIL:

Stay Active &
Independent for Life



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

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

For information or to **PRE-REGISTER**, contact:

A.C.E. Program Manager
Joyce Wiekeraad
at (507) 836-8705

A total of 24 classes will be held various afternoons following Sr. Dining lunch

September 8th – December 1st
12:30pm – 1:30pm

Fulda Senior Center
107 N. Lafayette Ave. – Fulda MN

PRE-REGISTRATION
IS REQUIRED

There is no cost to attend these classes, however donations will be accepted!



This program is sponsored, in part, under the Federal Older Americans Act through a contract from the MN River Area Agency on Aging under an Area Plan approved by the MN Board on Aging.