



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 and prevent falls.

IT'S SAFE!

The instructors are trained and exercises have been tested with seniors.

IT'S FUN!

You'll meet other seniors and make new friends!

FREE CLASS

**One-hour classes will be held
Tuesdays + Thursdays Apr - Jun 2024
10:30am - 11:30am at
ENCAP, 2406 Fowler Ave Omaha**

FREE LUNCH AFTER

To register for class or for more information,
please call 402-453-5656 ext. 222 or email
kcormier@encapomaha.org

Must meet income eligibility requirements.



**Eastern
Nebraska
Community
Action**



**WHISPERING
ROOTS**