

# Stay Active & Independent for Life

Do you wish you could improve your strength, balance and flexibility?

Do you want to decrease your risk of falling?

This free exercise program is for you.



**Stay Active & Independent for Life (SAIL) is an evidence-based program proven to prevent falls through providing exercise classes, educational information and wellness self-assessments.**

Designed for older adults, SAIL classes include strength, balance, flexibility and aerobic training. Performing exercises that improve strength, balance and fitness are the most important activity

## ST. CHARLES CLASS

**Tuesdays 4:00 -5:00 PM  
Thursdays 9:00 – 10:00 AM**

**St. Charles Senior Center  
830 Whitewater Ave.**

**FREE – all supplies provided**



**ACTIVE AGING PROGRAMS**  
*Catholic Charities of Southern MN*

Interested in a SAIL class near you?  
Visit our website  
[www.ccsomn.org](http://www.ccsomn.org)  
Wellness Programs

*Contact with questions*

**Sue Degallier**  
**Director, Active Aging Programs**  
**507.450-0287**  
[sdegallier@ccsomn.org](mailto:sdegallier@ccsomn.org)