



Stay Active & Independent for Life (SAIL)



A strength, balance, and fitness class for County residents age 60+

It Works! This is an evidence based program

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

It's Safe! All exercises can be done seated or standing

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

It's Fun!

It's been proven that getting out and socializing is a top factor for living a healthy and happy life.

Classes will be held EVERY
Monday, Wednesday & Friday

10-11am from June 3rd – August 2nd

At the Springwater Town Hall 8022 So. Main St.

Participants MUST

**Call the Livingston County Office for the Aging
at 585-243-7520 to register for class.**

Pre/post assessments will be given before and after class during the first and last weeks. Assessments are for personal knowledge of your progress and to collect data as this is an evidence based program.

No personal identifying information is not shared.

This is a class series and we request that participants attend a minimum of 19 classes gain the evidence based benefit. This series is at no cost to you it is Sponsored by Noyes Health, Livingston County Office for Aging, The Town of Springwater and support from the Administration on Aging, NYS Office for Aging, Finger Lakes Rural Health Network, and participant contributions.

