



# ACTIVE AGING PROGRAMS

*Catholic Charities of Southern MN*



## Welcome to Stay Active & Independent For Life (SAIL)!

By coming to this class regularly, you will improve your strength, balance and flexibility as well as decrease the risk of falling!

## Stay Active & Independent for Life (SAIL)

A free exercise program for you!

Good things to know about this class:

- SAIL is an evidence-based program designed for men and women aged 55 and over.
- The class meets 2x a week all year long. We do not meet when there is a snow day.
- **This is a FREE class!**  
Hand and leg weights are provided by the Catholic Charities of Southern Mn's Active Aging Program.  
Space is provided to us by Epiphany Lutheran Church.
- Class leaders are all volunteers that have been trained to lead the SAIL class.
- Please sign in for each class attended. Please put an X under the date you are attending.
- We will help you get fitted for the weights on your first time.
- Everyone pitches in to restore the room, put away weights, etc.

If you have questions call Mary at 507-458-9687 or show up at class 15 minutes early on your first time.

**CLASS MEETS ON**

**TUESDAYS & THURSDAYS**

**9:30 – 10:30 AM**

**EPIPHANY LUTHERAN CHURCH**

**605 Parkway Ave, Eagle Lake**

**(use the west door)**

Wear comfortable clothes  
and sturdy shoes.

Bring your own water bottle  
as we hydrate often during class.

Most importantly, **HAVE FUN!**