



FREE



**Stay Active
& Independent
for Life (SAIL)**

Exercise Program to Improve

STRENGTH . BALANCE . FLEXIBILITY

Adults aged 65 or better can learn exercises that focus on feeling better and helping stay independent longer. The program accommodates people with a mild level of mobility difficulty (e.g. people who are occasional cane users) and can be done standing or seated.



Thursday, May 1 - Thursday, July 31, 2025

Mondays & Thursdays at 10:30 am

Stanley Area Dance Studio, 200 N Broadway St

Call 715-559-6440 to register

Sponsored by Aging & Disability Resource Center of Chippewa County

