

# Stay Active & Independent for Life Exercise Program (SAIL)

**FREE AND OPEN TO THE COMMUNITY.**

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

is a 12-week strength, balance, and fitness program  
for adults 55+.

***SAIL is evidence based and scientifically proven to improve  
balance and mobility and reduce musculoskeletal  
risk factors, which may increase with age.***

Herndon Senior Center in conjunction with SAIL volunteers,  
all of whom are trained and certified by  
*Northern Virginia Falls Prevention Network*,  
are offering a FREE twice a week 12-week program.

We are starting out with a choice of four classes per week:

**Tuesdays and Wednesdays at 5 p.m.**

**Fridays and Saturdays at 2:30 p.m.**

We will start up with a **"Get Ready to SAIL"** week on  
Tuesday, May 2, followed by baseline testing the week after.

The program will kick off on Tuesday, May 16.

To register, please just turn up to one of our sessions at the  
Herndon Senior Center.

If you have any questions, please contact [Betsy Kiker](#) on  
[elizabeth.kiker@fairfaxcounty.gov](mailto:elizabeth.kiker@fairfaxcounty.gov) or call the telephone number below.



a strength, balance, and fitness class for adults 65+

**Herndon Senior Center,  
873 Grace Street  
Herndon, VA 20170  
Telephone: 703-464-6200**

This blurb for online advertising!

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Herndon Senior Center

873 Grace Street

Herndon, VA 20170

Phone: 703-464 6200

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