



Stay Active & Independent for Life (SAIL)

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

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 Alliance, are offering a FREE* 12-week program.

* Free to members (\$48/year)

FREE DAY PASS TO THE HERNDON SENIOR CENTER

Come any one day during **SAIL Assessment Week**

Monday - Friday, September 16 - 20 at 2:30 p.m.

for more information, three easy baseline assessments, and registration and receive a FREE one day pass to enjoy our many other activities.

For more information about our programs, go to

HerndonSeniorCenter.org

SAIL Classes start the week of Monday, September 23.

Herndon Senior Center, 873 Grace Street, Herndon, VA 20170

Telephone: 703-464-6200

If you have any questions, please contact [Betsy Kiker](mailto:Betsy.Kiker@fairfaxcounty.gov) at

elizabeth.kiker@fairfaxcounty.gov.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

