



Stay Active & Independent for Life (SAIL)

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

Improve your Balance
It Works!
It's Safe!
It's fun!

Classes begin June 6 in
person or on Zoom
Mon & Wed 9:30 – 10:30

Registration Required
for further information
Email abc4pd@gmail.com
Phone 360.504.8627



****funded by** Olympic Area Agency on Aging Free to all over the age
of 60 in Jefferson, Clallam, Pacific and Gray's Harbor Counties**