FREE!



Stay Active & Independent for Life (SAIL)

12 WEEK EXERCISE PROGRAM

All abilities welcome.

Stay active and independent by improving strength, increasing balance, and preventing falls!

Join the Loudoun County Area Agency on Aging for the evidence-based program, SAIL.

Tuesdays and Thursdays
January 7 - April 1
3:00-4:00pm

Loudoun County Area Agency on Aging
PRCS Main Office
742 Miller Drive SE, Leesburg
Program Room

To register or inquire about transportation, call 703-771-5698 or email aaasupport@loudoun.gov.

Don't miss this opportunity to enhance your well-being and stay on your feet!

PRCS COUNTY OF LOUDOUN

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.