Stay Active & Independent for Life (SAIL)

Strength, Balance & Fitness Program for Adults 65+





SAIL IS AN EVIDENCE-BASED EXERCISE PROGRAM THAT FOCUSES ON BUILDING STRENGTH, IMPROVING BALANCE, INCREASING FLEXIBILITY, AND ENHANCING OVERALL FITNESS.

SAIL PROGRAM:

SEPTEMBER 21ST - DECEMBER 16TH
NO CLASS WEEK OF 11/23

MONDAYS & WEDNESDAYS
11:00AM- 12:00PM

Sign Up
12 WEEKS
$250

FREE WORKSHOP :

FREE Fall Prevention Workshop | Saturday September 12th - 12:30PM

sarahc@sysinc.org | 631-287-1511 | www.sysinc.org | 1370A Majors Path Southampton, New York

PRESENTED BY

SOUTHAMPTON SYS YOUTH SERVICES

Stony Brook Southampton Hospital