

Healthy Options Program

For 55+!



Stay Active & Independent for Life (SAIL)



The **SAIL (Stay Active and Independent for Life)** program is a strength, balance, and fitness program for adults.

It is safe! Instructors are experienced and trained, and exercises can be modified for individual needs and any fitness level. All exercises have been tested on older adults, and the *program can be done standing or sitting.*

Join the fun! Stay active, and meet new friends. By participating in SAIL, you will be joining a safe, proven exercise routine that will boost your energy, promote good balance and increase your mobility.

**Rising Sun Community Center
17 Wilson Road
Rising Sun, MD 21911**

**Tuesdays & Thursdays 9:30 a.m.—10:30 a.m.
January 7—February 13, 2020**

Instructor: Cathryn Harjung

Registration opens December 7, 2019.

**To register, contact Judi Brubaker at
410-996-8177 or jbrubaker@ccgov.org**

Please note: Inclement weather policy follows Cecil County Public Schools. If CCPS is LATE OR CANCELLED, classes will not be held. We will do our best to contact you via phone or e-mail.

**Healthy Options Program for 55+ ... No cost workshops
designed to help you get in shape and stay there!**

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