



# Stay Active & Independent for Life (SAIL)



Eastern  
Nebraska  
Community  
Action

*a strength, balance,  
and fitness class for  
adults 60+*

## IT WORKS!

**You'll be stronger, have better balance, feel better and this will help you stay independent and prevent falls.**

## IT'S SAFE!

**The instructors are trained and exercises have been tested with seniors.**

## IT'S FUN!

**You'll meet other seniors and make new friends!**

**FREE CLASS**

**One-hour classes will be held  
Tuesdays + Thursdays Jun - Aug 2025  
10:30am - 12:00pm at  
ENCAP, 2406 Fowler Ave Omaha  
Free Transportation Available!**

**FREE LUNCH AFTER**

To register for class or for more information, please call  
402-453-5656 ext. 222 or email  
kcormier@encapomaha.org

**Must meet income eligibility requirements and be a  
resident of Douglas County.**

