



Stay Active & Independent for Life

Become a SAIL program leader!

Attend a highly interactive in-person program training class offered throughout Washington State.

SAIL Instructor Training

Stay Active and Independent for Life (SAIL) is an evidenced-based Fall Prevention strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

The Washington State Department of Health in collaboration with Wellness Place, Inc. administers the SAIL Program in Washington State.

UPCOMING INSTRUCTOR TRAINING AND WORKSHOPS:

Instructor Training is a one-day training session
Lunch is on your own but coffee and water will be available
Contact Erin@wellnessplacewenatchee.org with questions

Thursday, July 27, 2017

Puyallup Activity Center
210 W. Pioneer Ave
Puyallup, WA 98374
8:30am-4:00pm
\$75.00

Monday, July 31, 2017

Cristwood Park, Activity Center
350 N. 190th St.
Shoreline, WA 98133
8:30am-4:00pm
\$75.00

Thursday, August 17, 2017

Village Green Retirement
Center
26150 Dulay Rd NE
Kingston, WA 98346
8:30am-4:00pm
\$75.00

REGISTER ON LINE AT:

WWW.SAILfitness.org

