


# Stay Active & Independent for Life (SAIL)

a strength and balance fitness class for adults 65+



Classes start June 1<sup>st</sup>  
at Bishop Place  
Community Room.

**Call 338-9204**  
for information  
and to sign up!

*BISHOP*  
PLACE  
Senior Living

231947\_053009



**PROFORMANCE**  
**Physical Therapy**

for more information about this and other exercise classes visit  
[www.proformancephysicaltherapy.com](http://www.proformancephysicaltherapy.com)