

## **Stay Active and Independent for Life (SAIL) - Virginia Falls Prevention Awareness Week Virtual Events**

Date and Time

Thursday 9/24/2020 11:00am to 12:00pm

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Stay Active and Independent for Life (SAIL) with Linda Watkins will provide information about strength, balance, and fitness, the single most important activity adults 65 and older 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.

Visit <https://www.vpas.info/events> for a list of events for the rest of the week. Call Valley Program for Aging Services at -1-800-868-8727 with questions or for more information or email [vpas@vpas.info](mailto:vpas@vpas.info)

Event Image or Sponsor Logo

Image

