



JOIN US FOR A **SAIL WORKOUT**

(Stay Active & Independent for Life)

Kickstart your day, stay active, and have fun in a supportive environment in this fall prevention group for those 55+.
Max participants:
20 people.



Come join us for our 12 week class!!!!

Classes start February 17th

**At the Bretting Community Center
400 4th AVE W, Ashland, WI**

Tuesdays & Thursdays

1:00 pm - 2:30 pm

To ensure a spot call:

NWCSA RSVP

715-292-6400 Ext 1 or 2



**60+:
\$5.00 Suggest
Donation per class
59 and under:
\$6.00 per class**

Partnership with Ashland Parks & Rec & Ashland Aging.

Made possible by a LEAF Grant from

WI Institute of Healthy Aging.

Funding provided by OAA Health Promotion Grant.