



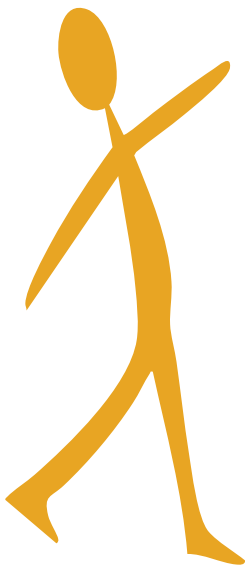
TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center
Facilities of Fort Defiance Indian Hospital Board, Inc.

Stay Active & Independent for Life (SAIL)



**Open to all Senior Community Members
Free Class for All Participants**

**Nahata'dziil Health Center - Sanders, AZ
Classes May 5th, 12th, 19th | 10:00 AM – 11:00 AM
Registration from 9:30 AM – 10:00 AM**



It Works!

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

It's Safe!

Instructors are experienced and skilled. These exercises have been tested with older adults.

It's Fun!

You'll make new friends and the atmosphere is great!

For More Information Call (928) 688-6267