



## **UCLA Stay Active and Independent for Life (S.A.I.L.)**

Join our S.A.I.L. fitness and education classes that focus on creating healthy seniors through cardiovascular, balance, strengthening and stretching exercises. Classes are taught by the UCLA Rehabilitation Services staff.

**Mondays and Thursdays, 10 - 11 am**

**Virtual | \$20/month for the twice-weekly class.  
Physician referral not required.**

**First-time participants must complete and pass  
a brief in-person screening prior to your first class.**

**The location for the screening is:  
1131 Wilshire Blvd., Suite 200**

**Stop by Monday - Friday, 8 am to 5 pm**

For more information or to enroll in the program, call **310-794-1323**.