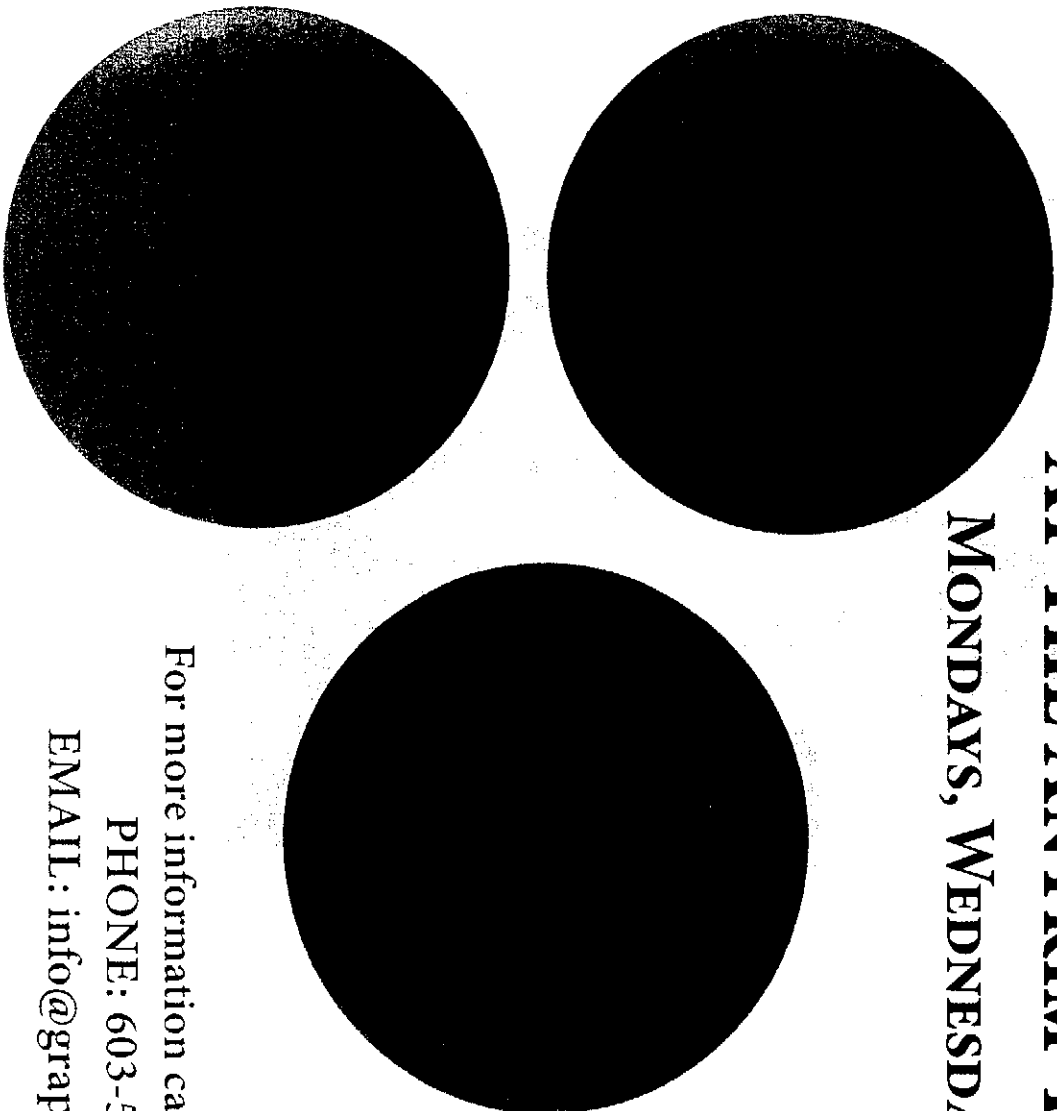


STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)

AT THE ANTRIM TOWN HALL
MONDAYS, WEDNESDAYS, & FRIDAYS
1:30-2:30PM



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A strength, balance, and fitness class geared towards adults 65+

