

A Trauma /Injury Prevention Program



All classes are free. This course is seven weeks long. Seating is limited. Pre-Registration is required. Private classes at your location are available with 30 or more students.

For more course information contact:

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at
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**Stay Active
& Independent
for Life (SAIL)**

2026 SCHEDULE

Trinity Lutheran Church

Mondays & Wednesdays

April 6 - May 20

11:00 am - 12:15 pm

Registration:
Church Office 817-732-1439

Meadowbrook-Poly

United Methodist Church

Mondays & Wednesdays

April 6 - May 20

2:00 pm - 3:15 pm

Registration:
Church Office 817-534-1741



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