

# 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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**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



**Texas Health**  
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