

 **SilverSneakers®***



Get in shape or stay in shape with this popular program that includes:

- Access to more than 16,000 locations nationwide, with all basic amenities and signature SilverSneakers classes.
- Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, the option to find convenient locations and more with the SilverSneakers GO™ app.
- SilverSneakers On-Demand™ online videos, plus health and nutrition tips.

Find a location near you. Visit **www.SilverSneakers.com**. Or call SilverSneakers at **1-888-423-4632**, TTY: **711**, Monday to Friday, 8 a.m. to 8 p.m. ET.

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