

THE SILVER SNEAKERS FITNESS PROGRAM FREE MEMBERSHIP

You must have one of the following qualified health plans to receive a free membership and/or free participation in fitness classes.

- **AARP Medicare Complete provided by SecureHorizons**
- **AARP Medicare Supplement Insurance Plan**
- **Anthem Wellpoint**
- **ESSENCE Advantage**
- **Humana**

Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programs that allow older adults to take greater control of their health.

Qualifying Silver Sneakers members receive:

- **A free fitness Henderson County Family YMCA membership**
- **Free access to any participating fitness center in U.S.**
- **Health education seminars**
- **Monthly Socials with quarterly incentives - WIN PRIZES**
- **Specially trained Senior Advisor and Class Instructor**
- **Customized Silver Sneaker fitness classes**

Get FIT, have FUN, make FRIENDS!

You're welcome to observe any classes or events. See the service desk attendant for more information.

Please check with your doctor before starting any exercising.