

Have you been
avoiding the fitness scene?
You are not alone.



Sixty percent of our members had never belonged to a fitness center before joining the **SilverSneakers[®] Fitness Program!** SilverSneakers members are improving their health and ensuring their independence by increasing their activity. The SilverSneakers Fitness Program is the nation's leading fitness program designed exclusively for older adults.

Until I joined SilverSneakers, I was a couch potato.
I now have energy I thought I had lost forever!

• Proud SilverSneakers Member •

Ask us about **SilverSneakers** today!
www.silversneakers.com

Presbyterian serves to improve the health of individuals, families and communities.

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