



*SilverSneakers is now offered at the Dinah E. Gore Fitness & Aquatics Center at Brunswick Community College! What is SilverSneakers? SilverSneakers is a fun, energizing program that helps adults 65+ take greater control of their health by encouraging physical activity and offering social events. SilverSneakers is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the SilverSneakers benefit. Eligible participants receive a **FREE** membership to the Fitness & Aquatics Center. Other benefits include:*

- customized SilverSneakers classes designed exclusively for adults age 65+ who want to improve their strength, flexibility, balance and endurance
- assistance from specially trained staff to begin an exercise routine and get familiar with exercise equipment
- health education seminars and other events that promote the benefits of a healthy lifestyle
- member-only access to online support that can help you lose weight, quit smoking, or reduce your stress

Call the Dinah E. Gore Fitness & Aquatics Center (910)846-BFIT (2348) for more information or visit the SilverSneakers website at www.silversneakers.com.

