



GET FIT, HAVE FUN, MAKE FRIENDS!
JOIN THE NATION'S LEADING FITNESS PROGRAM
FOR OLDER ADULTS FOR FREE!

SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. SilverSneakers members receive:

- **A free fitness center membership** at the Macedonia Family Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- **Customized SilverSneakers classes** designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- **Health education seminars** and other events that promote the benefits of a healthy lifestyle
- **A specially trained Senior Advisor** at the fitness center to introduce you to SilverSneakers and acquaint you with their site

The award-winning* SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health and maintain an active, independent lifestyle.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.
® SilverSneakers is a registered mark of Healthways, Inc.

SILVERSNEAKER ORIENTATION EVERY TUESDAY 11:00 A.M.

SOCIAL EVENTS FOR SILVERSNEAKER MEMBERS:
ALL EVENTS BEGIN AT 9:00 A.M. AND TAKE PLACE AT THE
MACEDONIA FAMILY RECREATION CENTER.
COFFEE AND PASTRIES SERVED AT ALL FUNCTIONS.
CHECK WWW.MACREC.COM FOR SCHEDULE OF EVENTS!