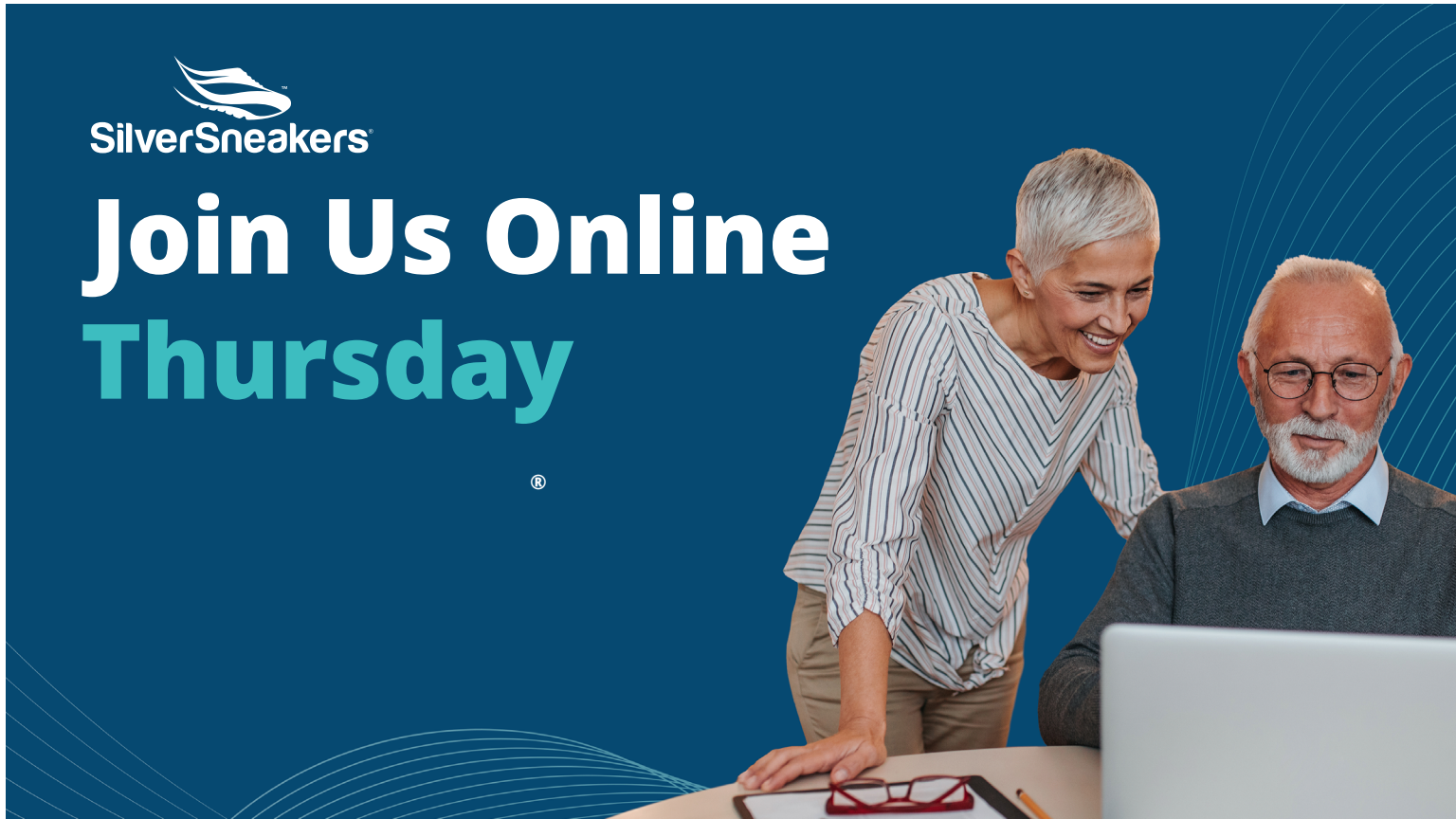




Join Us Online Thursday

®



Are you ready to make moves? During New Member Orientation, you'll learn where to find your ID number, find fitness locations¹, plus how to make the most of SilverSneakers LIVE and SilverSneakers On-Demand classes and workshops. Discover what other members enjoy most about the program and get answers to any questions you may have.



**RSVP for a New Member
Orientation class today**

[SilverSneakers.com/LIVE](https://www.silversneakers.com/LIVE)

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.

SilverSneakers and the SilverSneakers simplified flair shoe logotype is a trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved. SSFP9692_0725