

SilverSneakers **LIVE™**

Join Us Online Thursday

for a SilverSneakers New
Member Orientation



Every Thursday on SilverSneakers LIVE

Are you ready to make moves? During New Member Orientation, you'll learn where to find your ID number and 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)



Questions? Call us. 1-888-423-4632 (TTY:711) Monday-Friday 8 a.m. - 8 p.m. ET

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.

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