



# Silver Sneakers Program



The Silver Sneakers program is offered under Medicare Insurance programs with various Insurance companies.

If you have access to a computer, you can go to [www.silversneakers.com](http://www.silversneakers.com) to check availability and find out more information for facilities in your area.

If you are eligible for the plan, you can receive a free membership at the Henderson County Family YMCA or other facility that is a Silver Sneaker authorized site.

With your membership, you will receive your membership to the entire facility. The facility will offer various Silver Sneakers classes such as:

## Class Descriptions

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

We offer our classes Monday thru Thursday at 10:30 a.m. To find out if you are eligible, you can call your insurance provider.

Your insurance provider can also let you know about the “open enrollment” period at the end of the year, where you can change your plans. We do not have this information and you will have to get this from your provider.

On the 2<sup>nd</sup> Tuesday of every month, we have a Social that is a pot luck and all Silver Sneaker members are invited. We have various speakers and entertainment attend our socials for your benefit.

To sign up if you are eligible, come to the YMCA and we will provide you with an orientation and tour of the YMCA.

So please, check out your insurance plan and see if you are eligible for Silver Sneakers program!