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Fitness is more than physical. Exercise your mind.



SilverSneakers members are improving their health and ensuring their independence by increasing their activity. The **SilverSneakers® Fitness Program** is the nation's leading fitness program designed exclusively for older adults.

I feel better than I did before I started to exercise. I think better;
my mind is much clearer. All around I just feel great!

• Proud SilverSneakers Member •

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www.silversneakers.com

Presbyterian serves to improve the health of individuals, families and communities.

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