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# Protect your greatest asset – your independence.



Do you want to increase your strength?  
SilverSneakers builds muscular strength and endurance to improve your health and ensure your continued independence. The **SilverSneakers® Fitness Program** is the nation's leading fitness program designed exclusively for older adults.

My leg muscles are stronger. The stairs are no longer a problem! Being independent as I age has been due to my participation in the SilverSneakers Fitness Program.

• Proud SilverSneakers Member •

## Ask us about **SilverSneakers** today!

[www.silversneakers.com](http://www.silversneakers.com)

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

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