

# SILVERSNEAKERS STABILITY®



Join us for a FREE workout program<sup>1,2</sup> brought to you by the Valley Area Agency on Aging in partnership with SilverSneakers®. Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.



See you at class!



If you have any additional questions, please contact Abbie Mars at Valley Area Agency on Aging at (810) 239-7671.

**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.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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