



## Ready, steady, go!

If you would like to be stronger, improve your balance, and decrease your risk of falling ... **SilverSneakers Stability™** is for you! Protect one of your most valuable assets – your independence. A study of older adults participating in exercise classes similar to SilverSneakers Stability showed 40 percent were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants.<sup>1</sup>

### COME JOIN OUR CLASS

There's no cost to SilverSneakers® fitness program members.



Come out and play! Visit [silversneakers.com/flex](https://silversneakers.com/flex) to register.

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**FLEX**  
Community  
Fitness Classes