



**JOIN US ONLINE  
THURSDAY**



Are you ready to make moves? During New Member Orientation, you'll learn where to find your ID number, find fitness locations<sup>1</sup>, plus how to make the most of SilverSneakers LIVE, SilverSneakers On-Demand and Buralong classes and workshops. Discover what other members enjoy most about the program and get answers to any questions you may have live.



**RSVP for a New Member  
Orientation class today**

[SilverSneakers.com/LIVE](https://www.silversneakers.com/LIVE)

**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.

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