



FOR IMMEDIATE RELEASE

Margie Wojciechowski
SilverSneakers
Margie.wojciechowski@tivityhealth.com
480-444-5332

Chanhasen Recreation Center
Jodi Sarles
jsarles@ci.chanhasen.mn.us
952-227-1401

**SILVERSNEAKERS® NOW AVAILABLE AT
CHANHASSEN RECREATION CENTER**

Chanhasen, MN, December 26, 2018 — Chanhasen Recreation Center, is partnering to provide complementary memberships to members of the nationally recognized SilverSneakers® program. Through this collaboration, Chan Rec Center will now offer older adults a way to increase their levels of physical activity while motivating them to remain active. SilverSneakers is the nation's leading community fitness program designed exclusively for older adults.

SilverSneakers helps older adults take greater control of their health through a variety of fitness offerings that engages participants in more frequent strength training, aerobic, and fitness activities by providing access to a variety of venues designed specifically for older adults. There are more than 14.5 million people eligible for the SilverSneakers benefit through the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. For those members, the benefit is offered at no additional cost.

Chanhasen Recreation Center is located at 2310 Coulter Boulevard. To learn more about its SilverSneakers offerings, call 952-227-1400.

About SilverSneakers

SilverSneakers, by Tivity Health, is the nation's leading community fitness program for older Americans. The program was founded in 1992 and is available to more than 13 million Medicare beneficiaries through many Medicare Advantage plans, Medicare Supplement carriers and group retiree plans. For more information, to check eligibility or enroll, go to silversneakers.com.