

FOR IMMEDIATE RELEASE

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SILVER SNEAKERS FREE TO EAST RIDGE SENIORS

EAST RIDGE, Tenn. (Jan. 29, 2010) – A national program designed to assist senior citizens lead healthy lifestyles is coming to East Ridge.

SilverSneakers—a national program for seniors promoting healthier lifestyles through exercise classes, informational sessions and social events—will be offered at the East Ridge Community Center beginning Monday, Feb. 1. Classes will be held Mondays, Wednesdays and Fridays at 10 a.m. Membership to SilverSneakers will be offered free to senior citizens of East Ridge regardless of healthcare provider.

The SilverSneakers program includes: access to conditioning classes, exercise equipment, pools, saunas and any other amenities offered by a given location; classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance; health education seminars and other events that promote and educate attendees on the benefits of a healthy lifestyle; a specially trained Senior Adviser at the fitness center who will introduce new members to SilverSneakers and help them get started with the program; member-only access to online support that offers information about losing weight, quitting smoking, reducing stress and other healthy lifestyle changes; and access to SilverSneakers “Steps,” a program to assist members unable to access a participating location. Non-residents of East Ridge may still join the program for a fee or through their healthcare provider.

Participating Tennessee healthcare providers: AARP MedicareComplete® from SecureHorizons; AARP® Medicare Supplement Insurance Plan; Amerigroup; HealthSpring; and Humana. Participating Georgia healthcare providers: AARP MedicareComplete® from SecureHorizons; AARP® Medicare Supplement Insurance Plan; BlueCross BlueShield of Georgia; HealthSpring; Humana; Southeast Community Care; and WellCare of Georgia, Inc.

The East Ridge Community Center is located at 1517 Tombras Ave. in East Ridge, Tenn. For more information about this program, please contact Shawna Skiles at (423) 867-6406 or sskiles@eastridgetn.org.