

# 10 reasons to enroll in Asuris Northwest Health today and get SilverSneakers\*



1 Use 13,000+ fitness locations nationwide at no extra cost.



2 Enroll at multiple locations at any time.



3 Reach and maintain a healthy body weight.



4 Expand your circle of friends and enjoy social activities.



5 Increase muscle strength and bone density.



6 Prevent, delay or treat certain medical conditions.<sup>1</sup>



7 Take fitness classes at convenient community venues.



8 Be more flexible and have better balance.



9 Improve your memory and think more clearly.



10 Enjoy access to classes, pools, free weights, treadmills and more.

## Need more reasons?

Go to [go.silversneakers.com/ChangeToday](http://go.silversneakers.com/ChangeToday) to find out how others have changed their lives with SilverSneakers.\*



Enroll in **Asuris Northwest Health** now and get **SilverSneakers® Fitness\*** at no extra cost.

1-844-278-7472 (TTY: 711), Monday through Friday, 8 a.m. to 5 p.m.  
528 E. Spokane Falls Blvd., Ste. 301, Spokane, WA 99202

[facebook.com/silversneakers](https://facebook.com/silversneakers) 

# Experience better health

in mind, body and spirit through regular participation in SilverSneakers.\* Millions of people like you already do.



**\*This program is not insurance and may be discontinued at any time.**

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