



# 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 Burnalong 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.**

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