



# FIRFIRCOONI KU HEL SILVERSNEAKERS

SilverSneakers® waa ka badan yahay barnaamij jimicsi. Waa fursad aad ku horumarin karto caafimaadkaaga, kalsooni ku heli karto oo aad bulshadaada ugu xirmi karto. Intaas waxa dheer, **isaga oo aan kharash dheeraad ah kugu joogin** ayuu kuugu jiraa qorshahaaga caymiska caafimaadka.

Markaad wadato SilverSneakers, xor ayaad u tahay inaad u dhaqaaqdo sidii kugu habboon.

## Markaad ka qayb qaadato goobaha jimicsiga

- Kumanaan goobood<sup>1</sup> oo ka qayb ah oo adeegyo kala duwan leh
- Awood baad u leedahay inaad is qorto dhowr goobood isla hal mar
- Fasalada <sup>2</sup> SilverSneakers oo loogu talagalay dhammaan heerarka kala duwan

## Bulshadaada dhexdeeda

- Hawlo kooxeed iyo fasalo<sup>2</sup> la bixiyo oo ka baxsan jiiimka
- Munaasabo sida cuntooyin la wadaagayo, dabbaaldegyo fasax iyo fasalo is-dhexgal ah

## Guriga ama marka aad safar ku jirto

- Fasalo iyo siminaarada SilverSneakers™ LIVE ee dhanka khadka oo todobaadka oo dhan ah
- Fasalada SilverSneakers ee Dalabka™ lagu helo ee diyaarka ah 24/7
- Ablikeyshanka moobeelka ee SilverSneakers GO™ oo ay ku jiraan qorsheyaal jimicsi la qaabeyn karo iyo waxyaabo badan

## Qorshahaaga caafimaadka ayaad mar horeba ku heshay SilverSneakers.

Keliya waxaad u baahan tahay aqoonsigaaga xubinimo si aad u bilowdo. Faahfaahinta dheeraadka ah ka eeg dhinaca kale

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

Su'aalo? Naga soo wac.

1-888-423-4632 (TTY: 711) Isniin– Jimce 8 g.h. – 8 g.d. ET

Ma og tahay?

**88%**

ka qaybqaatayaashu waxay sheegeen in SilverSneakers kor u qaaday noloshooda.<sup>3</sup>

  
SilverSneakers

