

The SilverSneakers Fitness Program Rocks



The SilverSneakers Open House on Wednesday morning, March 28, delivered a rockin' good time for class participants. Twenty-three people worked up a nice sweat to the classic hits of music royalty, including Aretha Franklin, The Beatles, Frank Sinatra, and Louis Armstrong. Folks also had a chance to chat with representatives from Healthways (the parent company of SilverSneakers) and the sponsoring health plan.

