



SILVERSNEAKERS FINDS NEW HOME AT SALVATION ARMY KROC CENTER

Free Senior Memberships for those who qualify

For Immediate Release- Biloxi, MS– The Salvation Army Kroc Center has recently been awarded a designation as a site for SilverSneakers! SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

The Salvation Army Kroc Center is currently offering specially designed SilverSneakers classes on Monday, Wednesdays and Fridays and will continue to add classes and programs as participation grows. SilverSneakers participants will also have access to the Aquatics Center, Fitness Center, gymnasium, outdoor track, and any other classes they would like.

Health plans around the country offer SilverSneakers award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- access to conditioning classes, exercise equipment, pool and other available amenities
- customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- health education seminars and other events that promote the benefits of a healthy lifestyle
- a specially trained Program AdvisorSM at the fitness center to introduce you to SilverSneakers and help you get started

The Salvation Army Kroc Center offers recreational, fitness, creative arts, visual arts, and fellowship opportunities for the young and young-at-heart. For a detailed listing of the Kroc Center rate packages and other amenities, please visit our website at www.KrocMSCoast.org or call the Welcome Desk at (228) 207-1218.

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