



Get Active in April

*April showers might bring May flowers,
but there's a lot more than rain happening this month!*

Check our Living Plus Calendar for SilverSneakers® classes at a variety of North Carolina locations this month. Here are just a few of the highlights:

- Water Aerobics
- Strength and Stability
- Old School Step
- Slow Flow Yoga
- Zumba

Living+PLUS
ADDING LIFE TO YOUR YEARS

We also want to let you know about the **Health & Wellness Workshop** that we are hosting on **April 30**. Just check the calendar for details and RSVP information.


[April 2025 Living Plus Calendar](#)

Remember, as a HealthTeam Advantage member, you get a SilverSneakers membership at no cost. Visit [SilverSneakers](#) or call your [Healthcare Concierge](#) to activate your membership.

Always talk to your doctor before starting an exercise program.

Need Assistance?

Contact your Healthcare Concierge today!

 **Phone:** 888-965-1965 (TTY 711)

 **Email:** conciiergehta@htanc.com

 **Meet in person:** [Schedule an appointment](#)

October 1 – March 31, 8am to 8pm ET, seven days a week

April 1 – September 30, 8am to 8pm ET, Monday - Friday