



Check out 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
- Zumba Gold
- Aqua HIIT
- Tai Chi
- Functional Strength Training

Living+PLUS
ADDING LIFE TO YOUR YEARS


August 2025 Living Plus Calendar


Remember, as a HealthTeam Advantage member, you get a SilverSneakers membership at no cost. Visit [SilverSneakers](#) or contact 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