



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

May 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



Have a compliance concern or suspect fraud, waste, or abuse?
Contact the Compliance Helpline (anonymously, if you wish) at:
[1-855-741-4518](tel:1-855-741-4518) or www.hta.ethicspoint.com

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