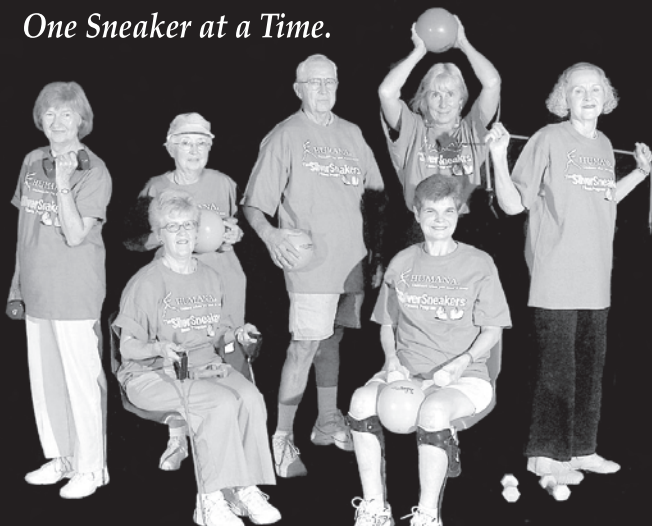


# Growing Old Gracefully.

*One Sneaker at a Time.*



*Official SilverSneakers Members: Barb Rhoades, Gene & Katherine Wehl, Carol Norris, Charlotte Kuehn, Inez Vekich & Becky Pryor*

Who ever said that growing old meant we were supposed to sit around and wait for life's final chapter? At the Marietta Family YMCA we've found out how to get fit, have fun and make friends...with the SilverSneakers Fitness Program! With the SilverSneakers Fitness Program studies show we can:

- Reduce our risk of heart disease by up to 50%!
- Double our muscle strength in 3 to 4 months!
- Reduce the risk of diabetes by as much as 75% for those of us 60 or older!

The SilverSneakers Fitness Program can open the door to better health, greater independence and a more fulfilling life. If you're an older adult, see why SilverSneakers is the key that can unlock that door at the Marietta Family YMCA.



**The SilverSneakers®**  
Fitness Program



*For Every Season of Your Life*

300 N 7th Street / Marietta, OH 45750 / 1.740.373.2250