

The **YWCA at Gateway & Glade Street** is pleased to announce a new partnership with



The award-winning SilverSneakers® Fitness Program is a proven, results-oriented program that enables older adults, often burdened with chronic conditions, to take charge of their health.

If you have a Medicare Health Plan, you may be eligible for a FREE membership at the YWCA.

Call to see if your insurance plan is part of the network! You can enjoy steam rooms, saunas, whirlpool, indoor walking track, chair exercise classes, strength training for mature adults and more!

Contact the Gateway YWCA at 336-354-1590 ext. 300 or Glade Street YWCA at 336-722-5138 ext. 220 and find out how to get started or

Gateway

1300 S. Main St. 336.354.1590 ext. 300
Winston-Salem, NC 27127
www.ywcaws.org
marcusl@ywcaws.org

Glade Street

1201 Glade Street
Winston-Salem, NNC 27101
www.ywcaws.org
ericg@ywcaws.org