



Get Active this April

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
- Body Pump
- Zumba
- Yogalates
- Tai Chi

Living+PLUS
ADDING LIFE TO YOUR YEARS

April 2026 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](#)

8am-8pm

April 1-September 30, Monday-Friday
October 1-March 31, 7 Days a Week