



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

[May 2026 Living Plus Calendar](#)

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