

## Silver Sneakers

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Senior adult programs and services; no income requirements, ages 50 and older

Family

No

Intake Contact

Mallory Cross

Intake Process

Participant must complete a Basic Client Information Form. Call the office or 423-764-4023 for more information

Provider Refer

Yes

Self Refer

Yes

Bristol Tennessee Parks and Recreation

<http://www.bristoltn.org/145/Parks-Recreation>

Main

(423) 764-4023

325 McDowell Street

37620 TN

United States

Fee Structure

Call for Information

Languages Spoken

English

Silver Sneakers is a senior club for persons 50 years of age and older emphasizing fitness, nutrition and exercise. Silver Sneakers is a benefit of some Medicare Advantage plans. Senior Services meeting the physical, social, emotional and educational needs of today's senior adults through integrative and innovative programs.

Stop by and let a staff member do a Silver Sneakers Card eligibility check. It will only take a minute.

Service Area(s)

Abingdon City

,

Bristol City

,

Scott County

,

Tennessee

,

Washington County