



Frye Regional Medical Center is committed to helping you stay well, while giving you the peace of mind and special privileges you deserve.

Join our Healthy Life: Seniors Living Well program and enjoy many membership benefits, including:

- Program key tag to identify you as a program member
- A free Frye logo item giveaway
- Discounts at specified local restaurants and businesses
- Special YMCA privileges
- Advance notice of upcoming educational and community events as well as updates
- Resources for adult children/caregivers
- And more!

Please complete the form below and mail to:

Frye Regional Medical Center  
Attention: Maureen McMahon  
420 North Center Street  
Hickory, NC 28601

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

WOULD YOU LIKE TO BE ADDED TO OUR SPIRIT OF WOMEN MEMBERSHIP? YES NO

You can also join by going online at [www.fryemedctr.com/HealthyLife](http://www.fryemedctr.com/HealthyLife) or by calling 828-315-3602. Please allow 2-3 weeks for your membership package to arrive. For more information, please call Maureen McMahon, Senior Wellness Director, at 828-315-3602.