

**BlueCross  
BlueShield  
of Tennessee  
Community  
Trust is sponsoring  
the enrollment fee  
for 18 people to  
participate in the  
2021 program!**

The **Next Step Program** serves those with musculoskeletal or neurological conditions, or functional limitations due to an injury.



**Apply for  
sponsorship  
here.**

### **Program benefits include:**

- *Initial fitness assessment to measure current ability*
- *Continuation of fitness assessment to track progress and prescribe new exercises*
- *Increased strength & mobility reduce the risk of re-injury*
- *Motivational support working in a group environment*
- *Individualized program created by certified professionals*

