

Join a **FREE Fit and Fall Proof™** class anytime

Create an Active Lifestyle and Reduce Your Risk of Falling

Please bring to your first class: Doctor's name, phone number, and emergency contact information

BOISE - Ada Community Library

10664 W Victory Road (362-0181)
Tue & Thu @ 11:45am (Oct 1 to Dec 12)

BOISE - Boise Sr Activities Ctr

690 W Robbins Road (345-9921)
Tue & Fri @ 1:00pm (Ongoing)

BOISE - Hillview United Methodist

8525 W Ustick Rd (375-0392) Next - Fire Stn 4
Tue & Thu @ 9:15am (Ongoing)

BOISE - Library! at Collister

4724 W State Street (562-4995)
In Collister Shopping Center
Tue & Thu @ 9:15am (Sept. 17 to Nov. 21)

BOISE - Park View Apartments

3110 W Crescent Rim Drive (344-9885)
Wed & Fri @ 9:15am (Oct 2 to Dec 13)

BOISE - Physical Therapy 180

5905 W State Street (343-7700)
On Hiatus until January

*** All Classes are Free ***

BOISE - St. Mark's Catholic Church

7960 Northview St (375-6651)
Wed & Fri @ 10:00 (Sept 25 to Dec 13)

BOISE - Lake Hazel Library

10489 W. Lake Hazel Rd (297-6700)
Corner of Lake Hazel & Five Mile
Tue & Fri @ 11:45am (Ongoing)

CASCADE - Cascade Sr Ctr

409 N School Street (382-4256)
Tue & Thu @ 10:30am (Ongoing)

EAGLE - Eagle Sr Citizen Ctr

312 E State Street (939-0475)
Mon-Wed-Fri @ 9:00am (Ongoing)

GARDEN CITY - Garden City Library

6015 Glenwood Street (472-2945)
Tue & Thu @ 11:00am (Oct 1 to Dec 12)

GARDEN CITY - Willowbrook Retirement

5601 Willowlawn Way (322-8531)
Tue & Fri @ 10:00am (Oct 1 to Dec 12)

GARDEN VALLEY - Garden Valley Sr Ctr

261 S Middlefork Road (462-3943)
Tues & Thurs @ 3:00pm (Ongoing)

GLENN'S FERRY - Three Island Sr Ctr

492 E Cleveland Avenue (366-2051)
Mon & Thu @ 10:30am (Ongoing)

KUNA - Kuna Library

457 Locust Avenue (922-1025)
Mon-Wed-Fri @ 11:30am (Ongoing)

KUNA - Mtn Land Physical Therapy

672 E Wythe Creek Court #103 (922-9828)
Tue & Thu @ 9:30am (Ongoing)

MCCALL - McCall Sr Citizens Ctr

701 North 1st Street (634-5408)
Tue & Thu @ 3:30pm (Ongoing)

MERIDIAN - Boise First Community Ctr

3852 N Eagle Road (327-8547 CDHD)
Between Ustick & McMillan Roads
Tue & Thur @ 9:00am & 10:00am (Sept 24 to Dec 5)

MERIDIAN - Holy Apostles Church

6300 N Meridian Road (888-1182 x3008)
Room 100-101, access by East Parking Lot
Mon & Wed @ 9:45am (Ongoing)

STAR - Star City Hall

10769 W State Street (286-7247)
Wed & Fri @ 10:30am (Ongoing)

INCREASE YOUR ☺ Strength ☺ Mobility ☺ Balance ☺ Flexibility ☺ Confidence



For information or to volunteer – Call Central District Health Department

Contact – Mike S. Rice (208) 327-8591
For classes in Canyon County, call (208) 455-5321



**September 15,
2013**