

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 your emergency contact information

BOISE - Ada Community Library

10664 W Victory Road (362-0181)
Tue & Thu @ 11:45am (Jan 7 to March 20)

BOISE - Bannock Arms Apts.

330 E Bannock St (344-1535)
Tue & Thu @ 1:00pm (Ongoing)

BOISE - Boise Sr Activities Ctr

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

BOISE - Hillview United Methodist

8525 W Ustick Road (375-0392)
Tue & Thu @ 9:15am (Ongoing)

BOISE - Lake Hazel Library

10489 W Lake Hazel Road (297-6700)
Tue & Fri @ 11:45am (Ongoing)

BOISE - Library! at Collister

In Collister Shopping Center (562-4995)
Tue & Thu @ 9:15am (Jan 2 to March 20)

BOISE - Park View Apartments

3110 W Crescent Rim Drive (344-9885)
On hiatus until April

BOISE - Physical Therapy 180

5905 W State Street (343-7700)
Mon & Wed @ 11:45am (Ongoing)

All Classes are Free

BOISE - St Mark's Catholic Church

7960 Northview Street (375-6651)
Wed & Fri @ 10:00 (Jan 3 to March 14)

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 (Jan 7 to Mar 20)

GARDEN CITY - Willowbrook

5601 Willowlawn Way (322-8531)
Tue & Fri @ 10:00am (Jan 7 to March 21)

GARDEN VALLEY - Garden Valley Sr Ctr

261 S Middlefork Road (462-3943)
Tue & Thu @ 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)

KUNA - Kuna Sr Ctr

229 N Avenue B (922-9714)
Mon & Wed @ 1:00pm (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)
Tue & Thu @ 9:00 & 10:00am (Jan 2 to Mar 6)

MERIDIAN - Holy Apostles Church

6300 N Meridian Road (888-1182 x3008)
Mon & Wed @ 9:45am (Ongoing)

MOUNTAIN HOME - Mtn Home Sr Ctr

1000 N. 3rd E. (366-5715)
Mon & Wed @ 11:00am (Starting Soon)

STAR -Star City Hall

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



For Classes in Canyon County,
Please Call (208) 455-5321

**For more information, please call:
Central District Health Department
Mike S. Rice (208) 327-8591**



Series: January, 2014