

**Great time to join in on the fun!**  
**Free Fit and Fall Proof™ classes are in your community**

**Create an Active Lifestyle and Reduce Your Risk of Falling**

**BOISE – 12<sup>th</sup> & River Senior Apartments**

514 S 12th Street 83702 (514-1601)  
Coming Soon!

**BOISE – Ada Community Library**

10664 W Victory Road 83709 (362-0181)  
Tue & Thu @ 11:45am (Apr 1 to Jun 19)

**BOISE – Boise Senior Activities Ctr**

690 W Robbins Road 83702 (345-9921)  
Tue & Fri @ 1:00pm (Ongoing)

**BOISE – Hillview United Methodist Church**

8525 W Ustick Road 83704 (375-0392)  
Tue & Thu @ 9:15am (Ongoing)

**BOISE – Lake Hazel Branch Library**

10489 W Lake Hazel Road 83709 (297-6700)  
Tue & Fri @ 11:45am (Ongoing)

**BOISE – Library! at Collister**

In Collister Shopping Center 83703 (562-4995)  
Tue & Thu @ 9:15am (Ongoing)

**BOISE – Park View Apartments**

3110 W Crescent Rim Drive 83706 (344-9885)  
Wed & Fri @ 9:15am (Apr 23 to Jun 27)

**BOISE – Physical Therapy 180**

5905 W State Street 83703 (343-7700)  
Mon & Wed @ 11:00am (Mar 31 to Jun 18)

**BOISE – St Mark's Catholic Church**

7960 Northview Street 83704 (375-6651)  
Wed & Fri @ 10:00am (Mar 26 to May 30)

**CASCADE – Cascade Senior Ctr**

409 N School Street 83611 (382-4256)  
Tue & Thu @ 10:30am (Ongoing)

**EAGLE – Eagle Senior Citizen Ctr**

312 E State Street 83616 (939-0475)  
Mon & Wed-Fri @ 9:00am (Ongoing)

**GARDEN CITY – Garden City Library**

6015 N Glenwood Street 83714 (472-2945)  
Tue & Thu @ 11:00am (Apr 8 to Jun 19)

**GARDEN CITY – Willowbrook Association**

5601 Willowlawn Way 83714 (322-8531)  
Tue & Fri @ 10:00am (Ongoing)

**GARDEN VALLEY – Garden Valley Sr Ctr**

261 S Middlefork Road 83622 (462-3943)  
Tue & Thu @ 3:00pm (Ongoing)

**GLENNS FERRY – Three Island Sr Ctr**

492 E Cleveland Avenue 83623 (366-2051)  
Mon & Thu @ 10:30am (Ongoing)

**KUNA – Kuna Library District**

457 N Locust Avenue 83634 (922-1025)  
Mon-Wed-Fri @ 11:30am (Ongoing)

**KUNA – Kuna Church of the Nazarene**

1281 W Avalon Street 83634 (327-8591 CDHD)  
Tue & Thu @ 9:30am (Ongoing)

**KUNA – Kuna Senior Citizens Ctr**

229 N Avenue A 83634 (922-9714)  
On hiatus until October

**MCCALL – McCall Senior Citizens Ctr**

701 North 1<sup>st</sup> Street 83638 (634-5408)  
Tue & Thu @ 3:30pm (Ongoing)

**MERIDIAN – Boise First Community Ctr**

3852 N Eagle Road 83713 (327-8591 CDHD)  
Tue & Thu @ 9:00 & 10:00am (Apr 8 to Jun 26)

**MERIDIAN – Holy Apostles Church**

6300 N Meridian Road 83646 (888-1182 x3008)  
Mon & Wed @ 9:45am (Ongoing)

**MERIDIAN – Meridian Library District**

1326 W Cherry Ln 83642 (888-4451)  
Mon & Wed @ 11:00am (Apr 7 to Jun 18)

**MOUNTAIN HOME – Mtn Home Sr Ctr**

1000 N 3rd E 83647 (366-5715)  
Mon & Wed @ 11:00am (Mar 31 to Jun 18)

**STAR – Star City Hall**

10769 W State Street 83669 (286-7247)  
Wed & Fri @ 10:30am (Ongoing)

**BRING to your first class: 1. Doctor's name & phone # 2. Emergency contact & phone #**



**Call for more information:  
CDHD Program Coordinator – Mike S. Rice 208-327-8591**

