

**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 12<sup>th</sup> Street 83702 (514-1601)  
**Coming Soon!**

BOISE – Ada Community Library  
10664 W Victory Road 83709 (362-0181)  
**Tue & Thu @ 11:45am (July 8 to Sept 25)**

BOISE – Boise Senior Activities Center  
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 (July 9 to Sept 26)**

BOISE – Physical Therapy 180  
5905 W State Street 83703 (343-7700)  
**Mon & Wed @ 11:00am (July 7 to Sept 24)**

BOISE – St Mark's Catholic Church  
7960 Northview Street 83704 (375-6651)  
**Wed & Fri @ 10:00am (July 9 to Sept 26)**

CASCADE – Cascade Senior Center  
409 N School Street 83611 (382-4256)  
**Tue & Thu @ 10:30am (Ongoing)**

EAGLE – Eagle Senior Citizen Center  
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 (July 8 to Sept 25)**

GARDEN CITY – Willowbrook Association  
5601 Willowlawn Way 83714 (322-8531)  
**On Hiatus until October**

GARDEN VALLEY – Garden Valley Sr Ctr  
261 S Middlefork Road 83622 (462-3943)  
**Tue & Thu @ 3:00pm (Ongoing)**

GLENN'S FERRY – Three Island Senior 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 Center  
229 N Avenue A 83634 (922-9714)  
**On Hiatus until October**

MCCALL – McCall Senior Citizens Center  
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 @ 9:00am & 10:00am**  
**(July 8 to July 24 & Aug 4 to Sept 25)**

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 (July 7 to Sept 24)**  
**\*NEW DAY\* Mon & Thursday starting Sept. 4**

MOUNTAIN HOME – Mtn Home Senior Ctr  
1000 N 3rd E 83647 (366-5715)  
**Mon & Wed @ 11:00am (July 7 to Sept 24)**

STAR – Star City Hall  
10769 W State Street 83669 (286-7247)  
**Mon–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  
August 1, 2014



**If interested in classes in Canyon County – call Southwest District Health 208-455-5321**