

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 – 12th & 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 (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 1st 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
(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)

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)
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
July 2014



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