



Fit and Fall Proof™



Free fall prevention exercise classes in your community

BOISE – Ada Community Library

10664 W Victory Road 83709 (362-0181)

Tue & Thu @ 12:Noon (October 6 to December 17)

BOISE – Boise Senior Activities Ctr

690 W Robbins Road 83702 (345-9921)

Tue & Fri @ 1:00pm (Ongoing)

BOISE – Bridgepoint Church

2530 Broadway Avenue 83706 (327-8591 CDHD)

Opening Fall 2015 (coming soon)

BOISE – Cloverdale Church of God

3755 S Cloverdale Rd, 83709 (362-1700)

Wed & Fri @ 9:30am (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

Collister Shopping Center 83703 (562-4995)

Tue & Thu @ 9:15am (Ongoing)

BOISE – Park View Rental Condominiums

3110 W Crescent Rim Drive 83706 (344-9885)

Mon–Wed–Fri @ 9:15am (October 5 to December 18)

BOISE – Physical Therapy 180°

5905 W State Street 83703 (343-7700)

Mon & Wed @ 11:00am (October 5 to December 16)

BOISE – St Mark's Catholic Church

7960 Northview Street 83704 (375-6651)

Wed & Fri @ 10:00am (October 7 to December 18)

CASCADE – Cascade Community Ctr

409 N School Street 83611 (382-4256)

Tue & Thu @ 10:30am (Ongoing)

New Sites in Progress

For information please call (327-8591 CDHD)

(Coming soon)

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 (October 6 to December 17)

GARDEN CITY – Willowbrook Association

5601 Willowlawn Way 83714 (322-8531)

Tue & Fri @ 10:00 am (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

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)

MCCALL – McCall Sr Citizens Ctr

701 North 1st Street 83638 (634-5408)

Tue & Thu @ 3:30pm (Ongoing)

MERIDIAN – Tree City Church of the Nazarene

3852 N Eagle Road 83713 (327-8591 CDHD)

Tue & Thu @ 9:00am & 10:00am (Ongoing)

MERIDIAN – Holy Apostles Church

6300 N Meridian Road 83646 (888-1182 x3008)

Mon & Wed @ 9:45am (Ongoing)

MERIDIAN – Meridian Library

1326 W Cherry Lane 83642 (888-4451)

Mon & Thu @ 10:30am (Ongoing)

MTN HOME – Christian & Baptist Church

265 North 4th East use side entrance (327-8591 CDHD)

Mon–Wed @ 10:00am (Ongoing)

MTN HOME – Mountain Home Sr. Center

1000 N 3rd E 83647 (366-5715)

Mon–Wed–Fri @ 10:00am (October 5 to December 18)

STAR – Star City Hall

10769 W State Street 83669 (286-7247)

Mon–Wed–Fri @ 10:30am (Ongoing)

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



Call for more information:

CDHD Program Coordinator – Mike Rice 208-327-8591

Fall 2015



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