



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

BOISE – Ada Community Library

10664 W Victory Road 83709 (362-0181)
 Tue & Thu @ 11:45am (July 7 to September 17)

BOISE – Boise Senior Activities Ctr

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

BOISE – Cloverdale Church of God

3755 S Cloverdale Rd, 83709 (362-1700)
 Wed & Fri @ 9:30am (July 8 to September 18)

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 (July 6 to September 18)

BOISE – Physical Therapy 180°

5905 W State Street 83703 (343-7700)
 Mon & Wed @ 11:00am (July 7 to September 16)

Boise – Bridgepoint Church

2530 Broadway Avenue (main entrance) 83706 (327-8591)
 Coming soon!

BOISE – St Mark’s Catholic Church

7960 Northview Street 83704 (375-6651)
 Wed & Fri @ 10:00am (July 8 to September 18)

CASCADE – Cascade Community 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 (July 7 to September 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)

GLENN'S 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–Thu–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 – Boise First Community Ctr

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)

MOUNTAIN HOME – Mtn Home Sr Ctr

1000 N 3rd E 83647 (366-5715)
 Mon-Wed-Fri @ 10:00am (July 6 to September 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
 July 2015



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