



# 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 @ 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 – Bridgepoint Church**

2530 Broadway Avenue 83706 (327-8591 CDHD)

Coming soon!

### **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 – St Mark’s Catholic Church**

7960 Northview Street 83704 (375-6651)

Wed & Fri @ 10:00am (July 8 to September 18)

### **BOISE – New Site in Progress**

Please check back soon (327-8591 CDHD)

Days and Times TBA (TBA)

### **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)

### **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–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 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 (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 (327-8591 CDHD)

Mon-Wed @ 10:00am (Open August 31st)

### **MTN HOME – Mountain Home Sr Center**

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

Summer 2015



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