

Nimiipuu Health Fit *and* Fall Proof

Exercise Classes for Older Adults

- Improve your balance, strength, & mobility
- Reduce your risk of falling
- Meet up with friends and have fun
- Free & Available to Anyone

KAMIAH

1:00PM-1:45PM | WA-A'YAS

JANUARY

6, 13, 15, & 22

FEBRUARY

3, 10, 12, 19, 24, & 26

MARCH

3, 10, 12, 17, & 19



Fit *and* Fall Proof®

For more information please contact Sonya - 208.935.0733