

# 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**

**MARCH - 3, 6, 10, 13, 17,  
20, 24, 27, 31**

**APRIL - 3, 7, 10, 14, 17,  
21, 28**

**MAY - 5, 8, 15, 19, 22, 29**



**Fit *and* Fall Proof®**

For more information please contact Sonya - 208.935.0733