

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

JUNE

**2, 5, 9, 12, 16,
23, 26, & 30**



Fit *and* Fall Proof®

For more information please contact Sonya - 208.935.0733