

# Nimiipuu Health

# Fit *and* Fall Proof



**KAMIAH**

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

**NOVEMBER**  
3, 5, 10, 12, 17, 19

**DECEMBER**  
1, 3, 8, 10, 15, 17

**JANUARY**  
5, 7, 12, 14, 21, 26, 28



## 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

**Fit *and* Fall Proof®** For more information please contact Sonya - 208.935.0733