

Nimiipuu Health

Fit *and* Fall Proof



KAMIAH

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

FEBRUARY

2, 4, 9, 11, 18, 23, 25

MARCH

2, 4, 9, 11, 16, 18, 23, 25, 30

APRIL

1, 6, 8, 13, 15, 20, 22, 27



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