

# Fit *and* Fall Proof®

**FREE EXERCISE CLASS FOR OLDER ADULTS**



**Wednesdays 2:30-3:30pm**

**and**

**Thursdays 10:00-11:00am**

**Nimiipuu Health**

**Community Health – Large Conference Room**

**111 Beaver Grade, Lapwai, ID**

**Improve your balance · Reduce your risk of falls · Meet new friends · Have fun!**

**208-843-7254**

**Maria Garcia**

**Fit and Fall Proof® Volunteer Class Leader**