

Nimiipuu Health

Fit *and* Fall Proof



KAMIAH

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

MAY

4, 6, 13, 18, 20, 27

JUNE

1, 3, 8, 10, 15, 22, 24, 29

JULY

1, 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