

Fit *and* Fall Proof®

FREE EXERCISE CLASS FOR OLDER ADULTS



Wednesdays 2:30-3:30pm

and

Thursdays 1:00-2:00pm

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