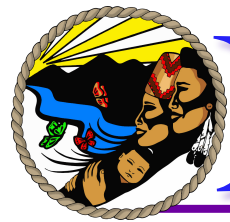


Nimiipuu Health Fit *and* Fall Proof



KAMIAH

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

AUGUST

3, 12, 17, 19, 24, 26, 31

SEPTEMBER

2, 9, 14, 16, 21, 23, 28

OCTOBER

7, 14, 19, 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