

Fit and Fall Proof®

FREE EXERCISE CLASSES FOR OLDER ADULTS

Wednesdays 2:30-3:30pm &

Thursdays 1:00-2:00pm

**Community Health – Large
Conference Room**

111 Beaver Grade, Lapwai, ID

Mondays & Wednesdays 1:00-1:45pm

**Wa-A'Yas Community Center
401 Idaho Street, Kamiah, ID**

Improve your balance · Reduce your risk of falls

Meet new friends · Have fun!

208-799-0379

Juile Haringa

Fit and Fall Proof® Coordinator

