

Star City Hall

Fit and Fall Proof™ Classes - FREE

Preventing Falls In Older Adults Saves Lives!

Increase . . .

- * STRENGTH
- * MOBILITY
- * BALANCE
- * FLEXIBILITY
- * CONFIDENCE
- * **SOCIAL WELL-BEING!**



Every week,

nearly 200 Americans 65 and older die from fall related injuries.



Every day, over 400 older adults learn that they will never regain full mobility due to a hip fracture caused by a fall.



Join a Fit and Fall Proof™ Class! No Cost!

Simple exercises to increase *STRENGTH, BALANCE, MOBILITY & CONFIDENCE*

Place: **Star City Hall**
Address: 10769 W State Street
Times: 10:30 am (arrive 15min prior to your 1st Class)
Days: Wednesday & Friday
Start: **April 20, 2011 – START ANY TIME!**
Phone: 286-7247

Sponsored - Central District Health Department –

Website for other locations - <http://cdhd.idaho.gov/CHCC/services/fallproof.htm>

Call Lindsay Byars, Program Coordinator **327-8591**