

Fit and Fall Proof Exercise Class Leader Instruction

**BECOME A VOLUNTEER EXERCISE
CLASS LEADER FOR SENIORS!**

"No one is too old to enjoy the benefits of physical activity. Of special interest to older adults is evidence that muscle strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently."

Physical Activity and Health: A Report of the Surgeon General, 1996

April 11, 2008

9:00 a.m. to 5:00 p.m.

**Gritman Community Wellness Center
510 W Palouse River Drive, Moscow, ID**

No registration fee is required.

Lunch will be provided.

**Fitness
for
Older Adults**



Registration is required. Deadline is April 4, 2008.

If you are interested in attending, contact Deb Merica at North Central District Health Department, (208) 799-3100.