

Become an Exercise Leader

Fit and Fall Proof™, a community exercise program for seniors, is calling for volunteers.



- Receive free training
- Many locations and times available for your convenience
- Volunteer as little as one hour per week
- Help prevent falls
- Improve independence
- Make new friends
- Improve your health and fitness while helping others do the same
- Be a part of something positive and productive
- Exercise background is not necessary

**Next Leader
Training:
October 23,
2019**

Contact the Public Health- Idaho North Central District Program Coordinator for more information.

Kate Wilson (208) 799-0379



Public Health
Idaho North Central District



Fit and Fall Proof™