



Public Health Idaho North Central District

**Nez Perce County**

215 10th Street
Lewiston, ID 83501
(208) 799-3100
Fax (208) 799-0349

Latah County

333 E Palouse River Drive
Moscow, ID 83843
(208) 882-7506
Fax (208) 882-3494

Clearwater County

105 115th Street
Orofino, ID 83544
(208) 476-7850
Fax (208) 476-7494

Idaho County

903 West Main
Grangeville, ID 83530
(208) 983-2842
Fax (208) 983-2845

Lewis County

132 N Hill Street
P O Box 277
Kamiah, ID 83536
(208) 935-2124
Fax (208) 935-0223

Public Health Service Announcement...

July 27, 2023

Fit and Fall Proof™ Class Leaders Wanted

Public Health – Idaho North Central District (PH-INCD) will hold a Fit and Fall Proof™ training Aug. 29th at its Moscow office located at 333 E. Palouse River Drive for volunteers who would like to lead classes in Lewiston, Moscow, and Viola.

Anyone who wants to join a team that leads Fit and Fall Proof™ classes at locations throughout the PH-INCD is invited to register for the training by Aug. 15th.

Volunteer leaders will receive free training that will help them and the people in their classes prevent falls, improve independence, and meet new friends. Improve your health and fitness while helping others do the same. Here is an opportunity for you to be a part of something positive and productive! An exercise background is not necessary.

To register or for more information contact the PH-INCD Program Coordinator Kate Wilson at (208) 799-0379 by Aug. 15th.

The Fit and Fall Proof™ program aims to help older adults maintain or regain functional independence while also introducing new social connections. Class participants learn simple exercises to increase strength, balance, and mobility, which can help prevent accidental falls.

Visit <https://idahopublichealth.com/community/fitandfallproof> to learn more about the Fit and Fall Proof™ program in North Central Idaho.

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

Kate Wilson (208) 799-0379