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](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