



Fit and Fall Proof™

Join a fall prevention exercise class
in your community today!

FOR MORE INFORMATION:
Southwest District Health 208-455-5321

CALDWELL SENIOR CENTER 1009 EVERETT M/TH 10:00 - 11:00am	HOMEDALE SENIOR CENTER 224 W IDAHO AVE T/TH 10:30 - 11:30am
PARMA SENIOR CENTER 410 N 8TH T/TH 10:00 - 11:00am	NAMPA FIRST UNITED PRESBYTERIAN 400 LAKE LOWELL AVE M/TH 10:00 - 11:00am
FRUITLAND VALENCIA APARTMENTS 1273 SPRING CREEK LANE M/F 10:30 - 11:30am	CALDWELL CALDWELL FREE METHODIST CHURCH 3320 S MONTANA AVE M/W/F 10:30 - 11:30am
NEW PLYMOUTH SENIOR CENTER 126 PLYMOUTH AVE M/W 10:00 - 11:00am	WEISER VENDOME EVENTS CENTER 309 STATE STREET T/TH 9:00 - 10:00am
MIDDLETON MIDDLETON ADVENTURE PLAZA 113 EAST MAIN STREET M/W/F 10:00 - 11:00am	PAYETTE SENIOR CENTER 137 N MAIN STREET W/F 10:00 - 11:00am
NAMPA LDS CHURCH - GREENHURST 1201 E GREENHURST RD T/TH 10:15 - 11:15	EMMETT GEM COUNTY REC DISTRICT 107 E MAIN ST T/TH 9:15 - 10:15
NAMPA TRINITY LUTHERAN 8 S MIDLAND BOULEVARD M/TH 3:30 - 4:30	NAMPA NAMPA SDA CHURCH 307 W IOWA AVE W/F 11:00 - NOON
PAYETTE FIRST UNITED METHODIST CHURCH 502 N 11TH ST M/F 10:00 - 11:00am	