



# Fit and Fall Proof™

Join a fall prevention exercise class  
in your community today!

FOR MORE INFORMATION:  
Southwest District Health 208-455-5313

<b>CALDWELL</b> 1009 EVERETT M/TH	<b>SENIOR CENTER</b> 10:00 - 11:00am	<b>NAMPA</b> 400 LAKE LOWELL AVE M/TH	<b>FIRST UNITED PRESBYTERIAN</b> 10:00 - 11:00am
<b>CALDWELL</b> 3320 S MONTANA AVE M/W/F	<b>CALDWELL FREE METHODIST CHURCH</b> 9:30 - 10:30am	<b>NAMPA</b> 307 W IOWA AVE W/F	<b>NAMPA SDA CHURCH</b> 11:00 - NOON
<b>EMMETT</b> 107 E MAIN ST T/TH	<b>GEM COUNTY REC DISTRICT</b> 9:15 - 10:15am	<b>NEW PLYMOUTH</b> 126 PLYMOUTH AVE M/W	<b>SENIOR CENTER</b> 10:00 - 11:00am
<b>FRUITLAND</b> 1273 SPRING CREEK LANE T/TH	<b>VALENCIA APARTMENTS</b> 10:30 - 11:30am /1:00-2:00pm	<b>PARMA</b> 410 N 8TH T/TH	<b>SENIOR CENTER</b> 10:00 - 11:00am
<b>HOMEDALE</b> 224 W IDAHO AVE T/TH	<b>SENIOR CENTER</b> 10:30 - 11:30am	<b>PARMA</b> 307 E ANDREWS AVE T/TH/F	<b>LDS CHURCH</b> 8:00 - 9:00am
<b>MELBA</b> 115 BASELINE RD T/TH	<b>MELBA VALLEY SENIOR CENTER</b> T:9-9:45am TH:11-11:45am	<b>PAYETTE</b> 502 N 11TH ST M/F	<b>FIRST UNITED METHODIST CHURCH</b> 10:00 - 11:00am
<b>MIDDLETON</b> 113 EAST MAIN STREET M/W/F	<b>MIDDLETON ADVENTURE PLAZA</b> 10:00 - 11:00am	<b>PAYETTE</b> 137 N MAIN STREET W/F	<b>SENIOR CENTER</b> 10:00 - 11:00am
<b>NAMPA</b> 3904 E GREENHURST RD T/TH	<b>LDS CHURCH - GREENHURST</b> 10:00 - 11:00am	<b>WEISER</b> 309 STATE STREET T/TH	<b>VENDOME EVENTS CENTER</b> 9:30 - 10:30am
<b>NAMPA</b> 215 12TH AVENUE S T/TH	<b>NAMPA PUBLIC LIBRARY</b> 10:15-11:00am		