



Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE:

CONTACT:
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Fit and Fall Proof™ Program ~ Exercise Class

Fit *and* Fall Proof™

Every year, one in three older adults over the age of 65 will experience a fall. The results of a single fall can be fairly minor, such as a sprain or strain, to more severe, such as a hip fracture or head trauma. To help you prevent a fall, you are invited to attend the **FREE** Fit and Fall Proof™ Program Exercise Class in your Aberdeen.

The exercises class is held at the Mennonite Fellowship Hall each **Tuesday and Friday from 11:00 a.m. – 12:00 p.m.** beginning in a couple weeks on **September 19th**. Please dress comfortably and wear sensible footwear. The class exercises will focus on strength, flexibility and balance which will help you prevent falls.

For more information, please call Mary Leisy at 208-244-1449.