

Saint Alphonus Fit and Fall Proof Class

PREVENTION IS THE BEST MEDICINE

Fit and Fall Proof™ classes help to:

- Improve your balance, strength, and mobility
- Reduce your risk of falls
- Enjoy an independent and healthy lifestyle
- Meet new friends and have fun

FALLS ARE ONE OF THE LEADING CAUSES OF DEATH AND INJURY FOR IDAHOANS AGE 65 AND OLDER, BUT THEY ARE PREVENTABLE.

Don't wait register today!

Contact: Nicole Vorzimer

Nicole.Vorzimer@saintalphonus.org or call (208) 367-6139

OR register online:

www.saintalphonus.org/specialty/geriatrics/fit-and-fall-proof-classes

**Every Tuesday and Thursday
1-2 pm**

Location: Saint Alphonus Regional Medical Center, 2nd Floor, Sister Angela Room

CLASSES ARE FREE CLASSES ARE FREE CLASSES ARE FREE

- **Fit and Fall Proof™ classes** provide older adults a friendly and safe exercise program developed to help reduce the risk of falling.
- **7 in 10 participants** report improvements in their physical functioning, such as performing activities of daily living or walking*
- **3 in 4 participants** report an increase in their energy levels and improved mental health*

Fit and Fall Proof™



Saint Alphonus
A Member of Trinity Health