



1020 Washington St. N, Twin Falls, Idaho
208-737-5900 www.phd5.idaho.gov

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PRESS RELEASE – For Immediate Release

Contact: Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, 737-5988

South Central Public Health District Seeking Volunteers for Fit and Fall Proof Program

TWIN FALLS- South Central Public Health District (SCPHD) is seeking volunteers to assist with the Fit and Fall Proof exercise program for seniors in the Dietrich, Kimberly, Eden, Wendell, Rupert, Burley, and Twin Falls areas.

Unintentional falls are a common occurrence among older adults in the United States, affecting approximately 30% of persons aged 65 years and older each year. The injuries received from a fall can result in death, disability, nursing-home admission, and direct medical costs. The SCPHD Fit and Fall exercise program helps seniors who want to improve their balance, strength, and mobility.

A Fit and Fall Proof Program training, for anyone interested in volunteering, will be held on Friday, August 21, from 9:00 a.m. to 3:30 p.m. at the SCPHD office located on the College of Southern Idaho campus. People attending the meeting should use the north entrance of the building.

Interested persons must call 737-5988 by August 19 to register for the training. Space is limited. The training is for individuals that are interested in volunteering their time for a minimum of one year. Individuals interested do not have to have a physical education degree but should have exercise experience and some knowledge and/or the desire to help keep area seniors healthy.

For more information, contact Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, at 737-5988.

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