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PRESS RELEASE – For Immediate Release

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SCPHD Announces Additional “Fit and Fall Proof” Class Sites

TWIN FALLS-Beginning in September, South Central Public Health District (SCPHD) will be opening new “Fit and Fall Proof” exercise class sites in Twin Falls, Hailey, and Burley. These low-impact exercise classes will help individuals increase their strength and balance, while enjoying social interaction with other participants. These additional sites will bring a total of 9 class sites in the Magic Valley.

The three new class sites are:

- **Twin Falls** (beginning September 5) held every Tuesday and Thursday from 10:45 a.m. - 11:30 a.m. at the Heritage Assisted Living Building in the Front Lounge, located on 622 Filer Ave. W.
- **Hailey** (beginning September 8) held every Monday, Wednesday, and Friday from 10:00 a.m. - 11:00 a.m. at the Blaine County Senior Connection located on 721 S. 3rd Ave.
- **Burley** (beginning September 15) held every Tuesday and Thursday from 10:00 a.m. - 11:00 a.m. at the Zion Lutheran Church, on 2410 Miller Ave.

Interested participants need to register for the class by calling 737-5988. SCPHD encourages all seniors that live in or near the mentioned areas to join the exercise classes that are being offered.

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

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Side Bar-“Fit and Fall” Class Schedule

Site	Location	Beginning Date	Time	Days	Cost
Burley	Zion Lutheran Church	September 15, 2008	10-11 a.m.	Tuesday & Thursday	None
Eden	Eden Fire Station	Ongoing	10:30 a.m.	Tuesday & Thursday	None
Hailey	Blaine County Senior Connection	September 8, 2008	10-11 a.m.	Monday, Wednesday, & Friday	None
Kimberly	Ageless Senior Center	Ongoing	10:30-1130 a.m.	Monday, Wednesday, & Friday	None
Oakley	Oakley Fire Station	Ongoing	11:00 -11:45 a.m.	Tuesday & Thursday	None
Twin Falls	Heritage Assisted Living Facility	September 5, 2008	10:45-11:30 a.m.	Tuesday & Thursday	None
Twin Falls	Woodstone Assisted Living Facility	August 19, 2008	1:30-2:30 p.m.	Monday, Tuesday, & Thursday	None
Twin Falls (For residents only)	Glen Eagles Apartments	September 9, 2008	10:00-11:00 a.m.	Tuesday & Thursday	N/A
Wendell	Living Waters Presbyterian Church	October 7, 2008	10:00-11:00 a.m.	Tuesday & Thursday	None