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**PRESS RELEASE – For Immediate Release**

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

**SCPHD Seeking Volunteers for Fit and Fall Proof Program**

TWIN FALLS- South Central Public Health District (SCPHD) has scheduled a Fit and Fall Proof™ Class Leader training on March 4, 2011, from 9:00 a.m. to 3:30 p.m. at the SCPHD office located on the College of Southern Idaho campus. The training is for individuals that would like to volunteer for the Fit and Fall Proof™ Program in the Kimberly, Eden, Wendell, Carey, Gooding, Oakley, and Twin Falls areas.

**Interested persons must call 737-5988 by March 1 to register for the training. Space is limited.** The training is for individuals who are interested in volunteering their time for a minimum of one year. Individuals 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.

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 Proof™ exercise program helps seniors who want to improve their balance, strength, and mobility.

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

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