

# Become an Exercise Leader

***Fit and Fall Proof™, a community exercise program for seniors, is calling for volunteers.***



- Receive free training
- Many locations and times available for your convenience
- Volunteer as little as one hour per week
- Help prevent falls
- Improve independence
- Make new friends
- Improve your health and fitness while helping others do the same
- Be a part of something positive and productive
- Exercise background is not necessary

**Contact the Public Health- Idaho North Central District Program Coordinator for more information.**

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**Public Health**  
Idaho North Central District



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**Fit *and* Fall Proof™**