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NEWS RELEASE

FOR IMMEDIATE RELEASE
 September 15, 2011

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**Fit and Fall Proof™ Program Celebrating Active Aging Week
*Older Adults Can Enjoy Activities that Enhance Their Lives***

Eastern Idaho – Active Aging Week, September 25 to October 1, 2011 is an annual event held the last full week of September. The week was initiated by the International Council of Active Aging and was designed to spread a universal message: people can live as fully as possible throughout the life span. Their goal is to provide older adults opportunities to experience activities and exercise in a safe, friendly and fun atmosphere.

In conjunction with Active Aging Week, Eastern Idaho Public Health District's, Fit and Fall Proof Program™, is kicking off the Fall 2011 schedule of Fit and Fall Proof™ exercise classes. Classes begin the week of September 19th and run through December 9th. Classes are free and available to the public.

Beginning dates, times, and places are as follows:

Monday, September 19 Ammon LDS Centennial Bldg 4459 E. John Adams Pkwy. 10:00 – 11:00 a.m. Monday, Wednesday, Friday	Monday, September 19 Idaho Falls Senior Center 10:30 – 11:15 a.m. Monday and Thursday	Monday, September 19 Mackay Senior Center 10:45 – 11:30 a.m. Monday and Friday
Monday, September 19 Milo LDS Church Building 75 th East Milo Road 11:30 a.m. – 12:15 p.m. Monday and Wednesday	Monday, September 19 Teton View Apartments Rigby 3:30 – 4:15 p.m. Monday and Wednesday	Tuesday, September 20 Ririe Senior Center 11:00 – 11:45 a.m. Tuesday and Friday
Tuesday, September 20 Madison County Senior Center 11:00 – 11:45 a.m. Tuesday and Thursday	Tuesday, September 20 Village Community Gardens 121 N. Center Street, Rexburg 10:30 – 11:15 a.m. Tuesday and Thursday	Tuesday, September 20 Rigby LDS Stake Center 258 West 1 North 1:00 – 1:45 p.m. Tuesday and Thursday

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For additional information, please contact Timalee Geisler at Eastern Idaho Public Health District 533-3149 or e-mail Timalee at tgeisler@phd7.idaho.gov.

About Eastern Idaho Public Health District (EIPHD)

Website: www.phd7.idaho.gov

Eastern Idaho Public Health District (EIPHD) was created by the Idaho legislature in 1970 to provide services for Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton Counties. The mission of EIPHD is: to prevent disease, disability and premature death; to promote healthy lifestyles; and to protect and promote the health and quality of our environment. To accomplish this mission, Eastern Idaho Public Health District provides clinics, health education, consultative services, referrals for special medical care, environmental health protection, and epidemiological investigation. These services are available to every resident within our eight-county area.

About International Council on Active Aging

Website: www.icaa.cc

ICAA is the world's largest association dedicated to changing the way we age by uniting professionals in the retirement, assisted living, recreation, fitness, rehabilitation and wellness fields. The council supports these professionals with education, information, resources and tools, so they can achieve optimal success with the growing population of people who are 50 years and older. ICAA is one of more than 50 of the most prominent health and aging organizations working to implement the National Blueprint on Aging.

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