

# **Heatherwood Retirement Community**

Sponsors

## **FIT AND FALL PROOF PROGRAM**



**Rose Doty, Activity Director**

Is a certified instructor, having completed the Idaho Department of Health and Welfare Physical Activity training through Central District Health Department.

**Classes are held each  
Monday • Wednesday • Friday  
9:30 to 10:15 a.m.**

**Call Rose at  
208-345-2150  
for more details  
or join us at...**



**5277 Kootenai St. Boise, ID 83705  
[www.heatherwoodretirement.com](http://www.heatherwoodretirement.com)**