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**PRESS RELEASE – For Immediate Release**

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**SCPHD Celebrates FFP Volunteers With a Recognition Luncheon**

TWIN FALLS-In the spirit of volunteer month, South Central Public Health District (SCPHD) recently honored Fit and Fall Proof™ (FFP) Class Leaders by hosting a recognition luncheon. Over 21 FFP class leaders attended this annual event. In addition to a catered lunch, participants received a short training by Jan Mittleider from College of Southern Idaho and had a chance to win several door prizes donated by local businesses. Throughout south central Idaho, there are 30 FFP class leaders who volunteer their time to the lifestyle changing program by leading exercise classes in their communities. The class leaders are an essential tool to help participants increase their mobility, flexibility, and strength. FFP participants report having better flexibility, balance, and increased muscular strength. They also cite being able to garden with ease, recuperate from surgeries more quickly, and having their medication dosage decreased. The FFP program would not exist without caring and devoted class leaders.

Fit and Fall Proof exercise classes are currently being offered in Carey, Eden, Gooding, Hailey, Kimberly, Oakley, Wendell, and Twin Falls. If you are interested in becoming a volunteer class leader for the Fit and Fall Proof™ Exercise Program or would like to participate in the classes, call SCPHD at 737-5988 or visit our website at [www.phd5.idaho.gov](http://www.phd5.idaho.gov).

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Side Bar



These are a few of the class leaders that attended the FFP luncheon (from left to right): Alex Bohman, Preston Bell, Janet Coonts, Annie Bradley, and Beverly Bennett.