



1020 Washington St. N, Twin Falls, Idaho  
208-737-5900 [www.phd5.idaho.gov](http://www.phd5.idaho.gov)

September 3, 2013

**PRESS RELEASE – For Immediate Release**

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

**Older Adults Encouraged to Stay Active-SCPHD Hosting a Fun Walk for Seniors**

TWIN FALLS- South Central Public Health District (SCPHD) is hosting a “Fall Free Seniors” Fun Walk on September 21, 2013, in recognition of National Fall Prevention Awareness Day and Active Aging Week. This event helps increase public awareness on preventing falls and that physical activity is for all ages.

Individuals 60 and older are encouraged to participate in the “Fall Free Seniors” Fun Walk, but everybody is invited to join. The course is one or two miles around the middle circle of the College of Southern Idaho (CSI) campus. The Fun Walk is free, but interested individuals are asked to register by September 16 by 4:00 p.m. On the day of the event, check-in will be from 9:00-9:45 a.m. at the SCPHD office (located on the west side of the CSI campus). The walk begins at 10:00 a.m. This Fun Walk is not of a competitive nature; and no roller skates, roller blades, skateboards, bicycles, or pets will be allowed. Participants are encouraged to wear appropriate footwear for the terrain. The Fun Walk will be held rain or shine. Registration is online at [www.phd5.idaho.gov](http://www.phd5.idaho.gov), or registration forms are available at any SCPHD office or any local senior citizen centers.

“In 2010, 127 Idahoans died from a fall and in 2011, reporting from paramedic services revealed 7,036 fall related calls in Idaho,” says Elvia Caldera from SCPHD. “Our “Fall Free Seniors” Fun Walk is one way to help older adults stay active. By walking, older adults can stay mobile, strong, and independent.”

SCPHD offers free Fit and Fall Proof™ exercise classes in Carey, Eden, Gooding, Hailey, Kimberly, Oakley, Wendell, and Twin Falls. For more information on the “Fall Free Seniors” Fun Walk or Fit and Fall Proof™ exercise classes, call SCPHD at 737-5988 or visit our website at [www.phd5.idaho.gov](http://www.phd5.idaho.gov).

###