Wednesday
FEB 10
2016

Live Well
EASTERN IDAHO
A monthly health & wellness educational series

Upcoming Topics:

March 5th – 9 am-1 pm
EIRMC Health Fair
Location: EIRMC Medical Office Building

April 26th – FREE Childhood Immunization Clinic
Location: Eastern Idaho Public Health - 1250 Hollipark Dr

May 11th – Community Biking Event
Location: TBA

June 8th – 7-8 pm
Topic: Activities for All Ages
Location: McCowin Park (3000 Southwick Ln, Ammon) near Gazebo

July 12th – 7:00-8:25 pm
Topic: Pool Safety/Exercises you can do in the pool/Have fun
Location: McCowin Park (3000 Southwick Ln, Ammon) at pool
Pool entry will be free to everyone

August 10th – Fun in the Park
Location: Idaho Falls Park

September 14th – 7-8 pm
TBA
Location: EIRMC Classroom

October 3rd – 9 am
Run for the Cure (EIPH)
Location: Freeman Park in Idaho Falls

November 9th – Ice Skating with the City
Location: Idaho Falls Skating Rink (Joe Marmo/Wayne Lehto Ice Rink)

December 14th - Financial Peace -Dave Ramsey Style
Location: Mountain View Hospital, Downstairs Classrooms

Wednesday, February 10th

7 - 8 PM

Water Aerobics: Everything you need to know!

Location: Mountain View Hospital, Physical Therapy Pool

Eastern Idaho Regional Medical Center

Mountain View Hospital
Getting you back to what you Love

Eastern Idaho Public Health
Prevent. Promote. Protect.

IDAHO FALLS

CITY OF Ammon