

THE IDAHO COMMISSION ON AGING
FALLS PREVENTION AWARENESS SEMINAR SERIES
TRIP HAZARDS PANELIST BIO – 9/2021



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Michelle Butterfield, M.H.E.

Southeastern Idaho Public Health (SIPH))

Health Education Specialist Senior

Fit & Fall Proof™ Master Trainer

Michelle has worked with SIPH as a Health Education Specialist Senior for 15 years. As a program coordinator, she works with community partners to implement policy, system, and environmental changes to improve public health. As a health educator, Michelle oversees four health promotion programs. She trains instructors for the Fit and Fall Proof™ Program. She also trains volunteers to teach the Fit and Fall Proof™ exercise classes. These evidence-based classes prevent falls among seniors.

Through the Physical Activity and Nutrition Program, Michelle works with community partners to provide resources and tools to improve health among the people of southeast Idaho. She conducts numerous presentations to community organizations, worksites, daycares, senior centers, and schools on falls prevention, physical activity, and nutrition.

Michelle has a reputation as an excellent health educator and has consistently developed relationships with people and the community. She truly empowers and improves health in southeast Idaho.

Contact Michelle

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