



Living Strong North Idaho  
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*A Program of the Inland Northwest Healthy Aging Alliance*

## Living Strong North Idaho

*A Nonprofit Community Initiative Supporting Healthy Aging*

**Purpose:** Living Strong North Idaho is a non-profit community initiative focused on helping older adults remain strong, mobile, healthy, and independent longer through prevention-based wellness programs, education, and partnerships.

**Why It Matters:** Kootenai County's growing older adult population faces increasing challenges related to falls, chronic disease, inactivity, and isolation. Proactive wellness solutions can help residents age in place and maintain quality of life.

**Current Priorities:** Public wellness education resources, community partnerships, outreach to healthcare and civic leaders, development of future healthy aging programs, and long-term planning for a dedicated wellness center.

**Potential Impact:** Improved independence, stronger family support systems, reduced isolation, healthier lifestyles, and stronger community connection.

**How Community Leaders Can Help:** Provide perspective, increase awareness, offer introductions to aligned organizations, institutions, and other leaders, and explore future partnerships that support healthy aging initiatives.

**Contact:**

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*Empowering older adults to live stronger, healthier, and more independent lives.*