



**B.O.L.D. FALLS PREVENTION
PROGRAM**
“BALANCE ON ONE LEG DAILY”
8 Weeks to Better Balance

With Deborah Koval, PT, DPT, GCS, ATC
Board Certified Clinical Specialist in
Geriatric Physical Therapy

Are you concerned about falling or have you fallen at least once?

Would you like to feel safer, more secure, and more confident?

Did you know that . . .

- Falls are the **leading cause of injury death** for those over age 65
- **1 out of 3 people** over the age of 65 are likely to fall at least one time per year
- **Falls & dizziness** are most common reasons for doctor visits for patients over age 65
- **Some diseases, conditions, and medications** can increase your risk for falls
- **A physical therapist can help** with balance, walking and strength

Learn how to reduce your risk for falls

This 8-week comprehensive falls prevention program includes:

16 sessions – 2 times per week for 1 ½ hours each (24 hours total)

Small group size to provide personal attention

Presentations and demonstrations by a licensed physical therapist

Setting and achieving **personal goals**

Balance & strengthening techniques proven to lower your risk of falling

All instructional materials, comprehensive full color work book

Mondays and Wednesdays

11:00AM – 12:30PM

March 5 - April 25, 2018

Call to register today!

404-236-0934

**Invest in your well-being and
safety**

All sessions held at our physical
therapy clinic

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Atlanta, GA 30328