



Announcing

BOLD Falls Prevention Program

'Balance on One Leg Daily'

8 Weeks to Better Balance

With Deborah Koval, PT, DPT, ATC

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

Would you like to feel safer, more secure, and more confident in and out of your home?

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 or dizziness** are the most common reasons for doctor visits for patients over age 65
- **Some diseases, conditions, or medications** can increase your risk for falls
- **A physical therapist can help** with balance, walking and strength to lower your risk for falls

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**

8 week program

**Mondays and Wednesdays
11:00AM – 12:30PM**

**At our physical therapy clinic
5881 Glenridge Drive, Suite 170
Atlanta, GA 30328**

Space is limited to 8 participants

**Invest in your well-being and safety
Call to register today! 404-236-0934**