



UNIVERSITY OF ST. AUGUSTINE  
FOR HEALTH SCIENCES

# FALLS PREVENTION PROGRAM



**Did you know that 1 out of 5 falls causes a serious injury such as broken bones or a head injury?**

To address this risk, the Brain Center & University of St. Augustine for Health Sciences have launched a unique and dynamic

## Falls Prevention Program

- Specially Designed Obstacle Course
- Walking Exercises to Simulate Real Life Scenarios
- Strategies to Prevent Injury Based on Martial Arts Techniques

**To participate in this program you must:**

- Be available to attend 12 sessions (Coral Gables)
- Be able to kneel and get onto the ground comfortably
- Be able to ambulate without an assistive device
- Be medically cleared by a Brain Center Neurologist

**To register contact Carolina: 305-856-8940, ext 104**