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| How do I know if Falls Boot Camp is right for me? |
| * Have you ever fallen or are you concerned you might fall? * Do you have a neurological condition? * Do you want to improve your balance, gait, and cognition? * Do you like achieving goals in a team setting?   **What are the benefits of exercise?**  Exercise plays a key role in preventing falls through the improvement of   * Safe walking * Strength * Stamina * Balance * Coordination * Power output * Multi-tasking * Memory * Reaction time   **And so much more!** |

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| What do people say about Falls Boot Camp? |
| **I have** **not had any falls since attending Falls Boot Camp**. I’ve learned so much more here than anywhere else about how to manage my Parkinson’s.   * Veteran testimonial about **Falls Boot Camp** |

A close up of a sign

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| FALLS BOOT CAMP Cheers **Come join our team and prevent falls with us today!** |
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| Why Should I Be Concerned? |
| Over 800,000 patients a year are hospitalized because of a fall injury. A fall can negatively impact aspects of your daily routine. A fall, especially a serious one, might make it difficult for you to get around or live on your own.  Falls lead to…   * **Depression** * **Limited Activity** * **Broken Bones** * **Loss of Independence**     It is important to work towards preventing fall injuries because **falls harm everyone**. |
| I’m worried I might be at risk for falling. What can I do to prevent a fall? |
| Join our Falls Boot Camp! This is an 8-week long session designed to help Veterans who are at-risk of falling. Each class during the Boot Camp has stations where you will perform:   |  |  | | --- | --- | | Muscular arm | **Boxing** | | Playbook | **Wii, Obstacle Course, Tai Chi** | | Head with gears | **Cognitive Function and Multi-tasking** | | Music notes | **Walking to the Rhythm of Music** |   Each session is one-hour, and the group size is kept small so that Veterans receive personal attention from the staff.  After class, each Falls Boot Camp participant receives a home program to continue to work towards personal goals. |
| Does my facility offer Falls Boot Camp? |
| Yes! Please join us!  **Class Schedule:**  **Contact:** *Talk to your doctor to see if you would benefit from Falls Boot Camp!* |