

FREE ASSESSMENT SCREENINGS



ONE IN THREE PEOPLE IN THE US, AGE 65 AND OLDER, FALL EACH YEAR
RESULTING IN CATASTROPHIC INJURIES!

FALLS PREVENTION COMMUNITY SCREENINGS FOR ADULTS

THURSDAY, SEPTEMBER 16TH

10 AM TO 2 PM

EAST BRENT BAPTIST CHURCH

4801 N. DAVIS HWY.

PENSACOLA, FL 32503

FREE SCREENINGS FOR:

GAIT/BALANCE

BONE DENSITY

CARDIOVASCULAR

POSTURE/FLEXIBILITY

MEDICATION REVIEW

HEARING

THIS FITNESS SCREENING IS BEING CONDUCTED BY THE GULF COAST FALLS PREVENTION COALITION AND IS INTENDED TO HELP PREVENT EXERCISE RELATED INJURIES THROUGH AN EXAMINATION OF CERTAIN ASPECTS OF AN INDIVIDUAL'S LEVEL OF FITNESS. THIS SCREENING IS NOT INTENDED TO SERVE AS A REPLACEMENT FOR ONE'S REGULAR PHYSICAL EXAMINATION OR OTHER HEALTH SERVICES.



FOR MORE INFORMATION, CALL DEB ALONSO AT: 416-6547

