

# FallProof™ Classes

## FEATURES:

- Structured exercise program designed to improve balance, mobility and posture
- Pre- and post-balance assessments to identify individual needs and demonstrate progress
- Classes taught by certified FallProof™ instructors

## FALLPROOF™ CLASSES:

Cost: \$10/class

Place: USC Verdugo Hills Hospital  
1812 Verdugo Blvd.  
Glendale, CA 91208

A free comprehensive balance screening is required prior to start of classes.

Classes are held once a week. Participants are grouped in classes based on similar ability levels.

**For more information or to register, call (818) 952-2294.**



**USC Verdugo  
Hills Hospital**

Keck Medicine of **USC**

To learn more about services and physicians at USC Verdugo Hills Hospital, call (818) 790-7100.

To learn more, visit: [USCVHH.org](http://USCVHH.org)

# USC Verdugo Hills Hospital

Keck Medicine of USC

## DIRECTIONS

### From 2 Freeway Northbound:

(merges with 210 Freeway Eastbound – Pasadena)

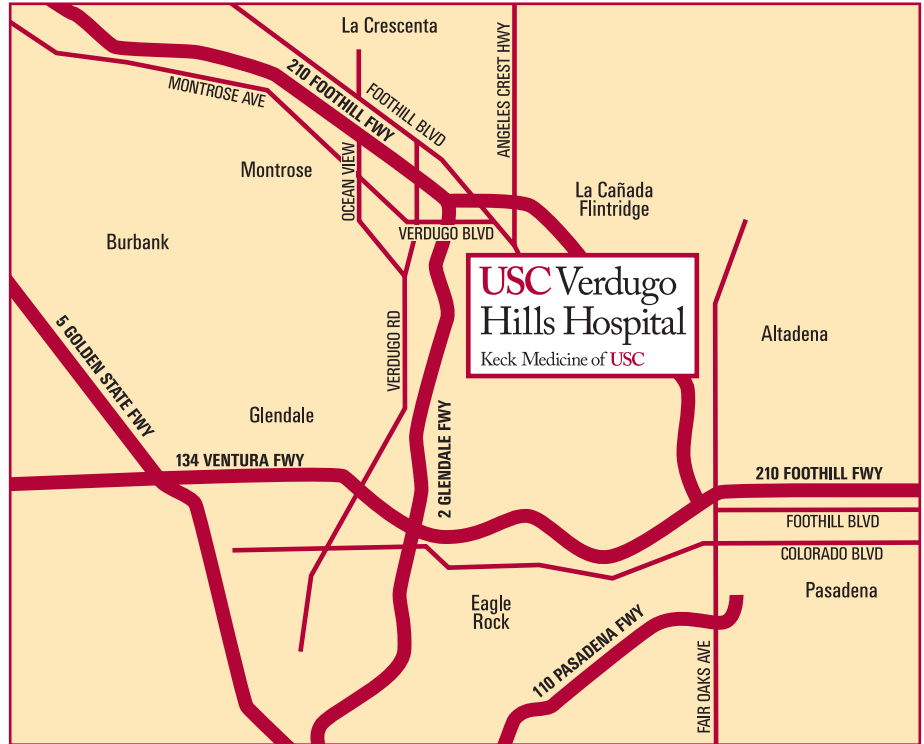
- Exit Verdugo Boulevard and turn right.
- Hospital is on the right.

### From 210 Freeway Eastbound:

- Exit Ocean View Boulevard and turn right.
- Turn left at Montrose Avenue.
- Turn left at Verdugo Boulevard.
- Hospital is on the right.

### From 210 Freeway Westbound:

- Exit Angeles Crest Highway and turn left.
- Turn right at Foothill Boulevard.
- Turn left at Verdugo Boulevard.
- Hospital is on the left.



## CAMPUS MAP

