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**Verdugo's Program Helps Seniors
Regain Balance and Mobility**

(GLENDALE, CA – January 14, 2010) – Verdugo Hills Hospital's (VHH) *A Balanced Life* program is a comprehensive falls-prevention program that treats patients of all ages who are at a high risk of falling by offering a customized physical therapy program and in-home risk assessments. The program also offers specialized treatment for patients who suffer from dizziness or disequilibrium.

"Over 1000 seniors have participated in the Balanced Life Program," said Laura Knowles, Director of Physical Medicine and Rehabilitation at VHH. "Physical therapists with specialty training in balance and vestibular issues conduct one-on-one sessions to increase safe mobility and strength prior to that first devastating fall. We have helped clients from ages 26 to 98 regain their confidence and ability to stay independent."

As part of the Balanced program, the Hospital also offers *Get Up & Go* classes with a focus on strength, balance and coordination. Taught by a licensed physical therapist, *Get Up & Go* group classes target seniors who need a regular-based exercise program with medical supervision. A medically supervised gym with cardiovascular and strength training equipment is also available for long-term conditioning programs.

In 2007, *A Balanced Life* program made the leap into vestibular rehabilitation to treat patients who suffer from dizziness or disequilibrium, after receiving funding from UniHealth Foundation, The Green Foundation, Burbank Healthcare Foundation and Glendale Community Foundation. A computerized balance machine is now available in the Physical Medicine and Rehabilitation Department to help quantify and improve a patient's balance and stability.

Reservations are required for the *Get Up & Go* classes. For information about enrollment and class schedule, please call 818.952.2294. VHH is located at 1812 Verdugo Blvd. in Glendale 91208. Community lectures on balance and falls risk reduction are available for small groups and organizations.

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About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. Hospital features include Fast-Track emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. The Hospital also offers surgical services, including bariatric and orthopedic surgeries. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothills’ Best Hospital” by readers of the *Glendale News-Press* for five consecutive years. For more information, please visit www.vhhospital.org. For more information about funding initiatives or to support the hospital, please call the Foundation at 818.952.2226.

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