

TriHealth presents:

Stepping On Fall Prevention



This 7-week series features TriHealth guest experts, including a Pharmacist, a Physical Therapist, an Occupational Therapist and a Vision Specialist.

This class will teach you:

- Simple, fun balance and strength training methods
- How medications can contribute to falls
- How to eliminate fall hazards in your home
- Ways to keep from falling when outside your home
- The role vision plays in balance
- The importance of vitamin D and calcium in protecting against fall injuries

Reserve your spot today. Space is limited.



TriHealth.com

In-person classes will be offered on 7 consecutive Wednesdays:

September 16 – October 28, 2026
10:00 am - 12:00 (Noon)

Anderson Township Senior Center
7970 Beechmont Avenue
Cincinnati, OH 45255

Class Sessions

September 16, 2026
September 23, 2026
September 30, 2026
October 7, 2026
October 14, 2026
October 21, 2026
October 28, 2026

Reserve online at
[TriHealth.com/SeniorityClasses](https://www.trihealth.com/SeniorityClasses)
or call 513 569 5400