

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 Tuesdays:

September 15 – October 27, 2026
2:00 p.m.- 4:00 p.m.

Blue Ash Fire Department
10647 Kenwood Road
Main Training Room- 1st Floor
Blue Ash, OH 45242

Class Sessions

September 15, 2026
September 22, 2026
September 29, 2026
October 6, 2026
October 13, 2026
October 20, 2026
October 27, 2026

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