

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 the following 7 Thursdays:

September 10 – October 29, 2026
10:00 a.m.- 12:00 (Noon)

Good Samaritan Western Ridge
6949 Good Samaritan Drive
Teaching Kitchen
Cincinnati, OH 45247

Class Sessions

September 10, 2026
September 17, 2026
September 24, 2026
October 1, 2026
October 8, 2026
October 22, 2026
October 29, 2026

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