

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 Thursdays:

September 4th - October 16th, 2025
2:00p.m. - 4:00p.m.

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

Class Sessions:

September 4, 2025
September 11, 2025
September 18, 2025
September 25, 2025
October 2, 2025
October 9, 2025
October 16, 2025

Reserve online at
TriHealth.com/SeniorityClasses
or call 513 569 5400