

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:

April 8 – May 20, 2026

1:30 pm - 3:30 pm

**Mason Community Center
6050 Mason Montgomery Road
Activity Room A
Mason, OH 45040**

Class Sessions

April 8, 2026
April 15, 2026
April 22, 2026
April 29, 2026
May 6, 2026
May 13, 2026
May 20, 2026

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