

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.

In-person classes will be offered on 7 Wednesdays:

May 1, 2024 – June 19, 2024  
1:00 p.m.- 3:00 p.m.

Mayerson JCC  
8485 Ridge Avenue  
Cincinnati, OH 45236

#### Class Sessions

May 1, 2024

May 8, 2024

May 15, 2024

May 22, 2024

May 29, 2024

June 5, 2024

June 19, 2024

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



TriHealth.com