

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:

January 8 – February 19, 2026
10:00 am - 12:00 (Noon)

Twin Lakes Enriching Communities
9840 Montgomery Road
Shirley M. Davies Center
Cincinnati, OH 45242

Class Sessions

January 8, 2026
January 15, 2026
January 22, 2026
January 29, 2026
February 5, 2026
February 12, 2026
February 19, 2026

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