

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:

**April 3, 2025 – May 15, 2025
11:45 a.m.- 1:45 p.m.**

**Anderson Township Senior Center
7970 Beechmont Avenue
Cincinnati, OH 45245**

Class Sessions:

**April 3, 2025
April 10, 2025
April 17, 2025
April 24, 2025
May 1, 2025
May 8, 2025
May 15, 2025**

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