

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:

January 24, 2024 – March 6, 2024  
10:00 a.m.- 12:00 noon

**Chesterwood Village  
Brain and Body Shop Room  
8073 Tylersville Road  
West Chester, OH 45069**

#### **Class Sessions**

**January 24, 2024**

**January 31, 2024**

**February 7, 2024**

**February 14, 2024**

**February 21, 2024**

**February 28, 2024**

**March 6, 2024**

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