

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 10, 2024 – May 22, 2024
9:00 a.m. - 11:00 a.m.

Anderson Township Senior Center
7970 Beechmont Avenue
Cincinnati, OH 45245

Class Sessions:

April 10, 2024
April 17, 2024
April 24, 2024
May 1, 2024
May 8, 2024
May 15, 2024
May 22, 2024

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