

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 the following 7 Tuesdays listed below:

October 1, 2024 – November 19, 2024
10:00 a.m.- 12:00 noon

Good Samaritan Western Ridge
WR West Side 1 Meeting Room
6949 Good Samaritan Drive
Cincinnati, OH 45247

Class Sessions

October 1, 2024

October 8, 2024

October 22, 2024

October 29, 2024

November 5, 2024

November 12, 2024

November 19, 2024

This program is made possible with generous support from Good Samaritan Hospital Foundation.

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