

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:

Sept. 11, 2024 – Oct. 23, 2024
1:00 p.m.- 3:00 p.m.

Mason Community Center
6050 Mason Montgomery Rd
Mason OH, 45040

Class Sessions:

September 11, 2024
September 18, 2024
September 25, 2024
October 2, 2024
October 9, 2024
October 16, 2024
October 23, 2024

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