

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:

Sept. 26, 2024 – Nov. 7, 2024
2:00p.m. - 4:00p.m.

**TriHealth Fitness & Health Pavilion
Conference Room B
6200 Pfeiffer Road
Cincinnati, OH 45242**

**Class Sessions:
September 26, 2024
October 3, 2024
October 10, 2024
October 17, 2024
October 24, 2024
October 31, 2024
November 7, 2024**

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