

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 Tuesdays:

April 7 – May 19, 2026
10:00 a.m.- 12:00 (Noon)

TriHealth Kenwood
8240 Northcreek Road
Groneman Conference Rm B
Cincinnati, OH 45236

Class Sessions

April 7, 2026
April 14, 2026
April 21, 2026
April 28, 2026
May 5, 2026
May 12, 2026
May 19, 2026

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