

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 Wednesdays:

August 26 – October 14, 2026
12:00 (Noon)- 2:00 p.m.

Lakota Family YMCA
6703 Yankee Road
Liberty Township, OH 45044

Class Sessions

August 26, 2026
September 2, 2026
September 16, 2026
September 23, 2026
September 30, 2026
October 7, 2026
October 14, 2026

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