

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 Mondays:**

**January 6, 2025 – February 17, 2025  
9:30 a.m. - 11:30 a.m.**

**Twin Lakes Life Enriching Communities  
Shirley M. Davies Center  
9840 Montgomery Road  
Cincinnati, OH 45242**

**Class Sessions:**

**January 6, 2025  
January 13, 2025  
January 20, 2025  
January 27, 2025  
February 3, 2025  
February 10, 2025  
February 17, 2025**

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