

TriHealth presents:

Stepping On Fall Prevention

This program is made possible with generous support from The Bethesda Foundation.



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:

April 9, 2025 to May 21, 2025
1:30pm-3:30pm

TriHealth Kenwood Building
Rm: Kenwood Connections A (4002)
8240 Northcreek Drive
Cincinnati, OH 45236

Class Sessions

April 9, 2025
April 16, 2025
April 23, 2025
April 30, 2025
May 7, 2025
May 14, 2025
May 21, 2025

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