

STEPPING ON

FALL PREVENTION 2026

At The Commons in CABVI: 2045 Gilbert Ave, Cincinnati, OH 45202

TriHealth 7-week “Stepping On” series adapted for individuals with vision loss

CABVI is partnering with TriHealth to offer “Stepping On,” an evidence-based program designed to help reduce falls and build confidence. This 7-week series is specially adapted for individuals with vision loss, with materials available in accessible formats.

You’ll hear from TriHealth guest experts including an Occupational Therapist, Physical Therapist, Pharmacist, Vision Specialist, and Community Safety Expert.

Please note: When you register, you're signing up for the entire 7-week series, not individual sessions. Sessions will be from 10 AM to 12 PM on the following dates:

FEBRUARY 18

FEBRUARY 25

MARCH 4

MARCH 11

MARCH 18

MARCH 25

APRIL 1

This class will teach you:

- Simple, fun exercises to improve balance and strength
- How medications can contribute to falls
- How to eliminate fall hazards in your home
- Ways to keep from falling outside your home
- The role that vision plays in balance
- The importance of vitamin D and calcium in protecting against fall injuries

Spots are limited! RSVP by January 28, 2026, by emailing Kathy Kessler at Kathy.Kessler@cincyblind.org or calling (513) 487-4217.



Building Brighter Futures
for People with Vision Loss

