



TriHealth presents:

# Stepping On Fall Prevention Classes

This **7- week series** with TriHealth guest experts (Pharmacist, Physical Therapist, Occupational Therapist and Vision Specialist) takes place on **Wednesdays, April- May from 10:00am– Noon:**

**April 6, 2022**

**April 13, 2022**

**April 20, 2022**

**April 27, 2022**

**May 4, 2022**

**May 11, 2022**

**May 18, 2022**

Classes will be held in person  
at: Xavier University HUB  
Room 102/103

To reserve your spot for this  
7 week 2 hour/week class call (513) 569-5400.

For online registration go to:

<https://classes.trihealth.com/EchoNet/ClassEnrollment/SectionListing.aspx?link=164>

## Activities Include:

- Learn about simple and fun balance and strength training
- Learn about how medications can contribute to falls
- Learn how to eliminate fall hazards in your home
- Learn ways to keep from falling when out in the community
- Understand the role that vision plays in balance
- Understand the importance of vitamin D and calcium in protection against fall injuries