



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, March-April from 10am – Noon:**

March 2, 2022

March 9, 2022

March 16, 2022

March 23, 2022

March 30, 2022

April 6, 2022

April 13, 2022

Classes are **IN PERSON**

(Rm: WR West Side 1 and 2)

GSH Western Ridge

6949 Good Samaritan Drive

Cincinnati, OH 45247

To reserve your spot for this 7 week class click on Registration link:

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

Or call (513) 569-5400. Space is limited

This program is funded with generous support from Bethesda Foundation and Ohio Department of Health.

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



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