



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 **from 1:30 pm-3:30 pm**

**Thursday, May 5<sup>th</sup> 2022**

**Thursday May 12<sup>th</sup> 2022**

**Thursday May 19<sup>th</sup> 2022**

**Thursday May 20<sup>th</sup> 2022**

**Thursday June 2<sup>nd</sup> 2022**

**Thursday June 9<sup>th</sup> 2022**

**Thursday June 16<sup>th</sup> 2022**

Classes will be held in person at the following location:

TriHealth Pavilion  
6200 Pfeiffer Rd.  
Cincinnati, OH. 45242

To reserve your spot for this 7-week class call (513)569-5400 or register online at: <https://classes.trihealth.com/EchoNet/ClassEnrollment/SectionListing.aspx?link=164>

This program is FREE of charge and generously funded by Bethesda Foundation

## 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