



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 **Tuesdays, January-March from 10am – Noon:**

**January 18, 2022**

**January 25, 2022**

**February 1, 2022**

**February 8, 2022**

**February 15, 2022**

**February 22, 2022**

**March 1, 2022**

Classes are Virtual via Zoom

**(Free 1:1 Zoom Practice Session will be available before first virtual class)**

To reserve your spot for this 7 week class call (513) 865-3255 or go to:

<https://classes.trihealth.com/EchoNet/ClassEnrollment/SectionListing.aspx?link=182>

This program is funded with generous support from 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