



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, 9:00am–11:00am:**

**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:  
TriHealth Rehabilitation Hospital- Education Room 1<sup>st</sup> floor  
2155 Dana Avenue  
Cincinnati, OH 45207

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

For online registration go to: [www.trihealth.com/SeniorityClasses](http://www.trihealth.com/SeniorityClasses)

- Scroll down to select Senior Classes then Stepping On ( Not Virtual)

This program is funded with generous support from Bethesda Foundation and the 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