

TriHealth presents:

Stepping On Fall Prevention



This 7-week series features TriHealth guest experts, including a Pharmacist, a Physical Therapist, an Occupational Therapist and a Vision Specialist.

This class will teach you:

- Simple, fun balance and strength training methods
- How medications can contribute to falls
- How to eliminate fall hazards in your home
- Ways to keep from falling when outside your home
- The role vision plays in balance
- The importance of vitamin D and calcium in protecting against fall injuries

Reserve your spot today. Space is limited.



TriHealth.com

In-person classes will be offered on 7 consecutive Thursdays:

September 4 – October 16, 2025
2:00 p.m.- 4:00 p.m.

Blue Ash Fire Department
10647 Kenwood Road
Main Training Room- 1st Floor
Blue Ash, OH 45242

Class Sessions

September 4, 2025
September 11, 2025
September 18, 2025
September 25, 2025
October 2, 2025
October 9, 2025
October 16, 2025

Reserve online at
TriHealth.com/SeniorityClasses
or call **513 569 5400**