

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 the following 7 Tuesdays:

September 9 – October 21, 2025
10:00 a.m.- 12:00 (Noon)

Good Samaritan Western Ridge
6949 Good Samaritan Drive
Teaching Kitchen
Cincinnati, OH 45247

Class Sessions

September 9, 2025
September 16, 2025
September 23, 2025
September 30, 2025
October 7, 2025
October 14, 2025
October 21, 2025

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