

# SAVE THE DATE

## Stepping On Fall Prevention Training

Become a Program Facilitator with this three-day session



### Why should you should attend:

- Stepping On is an evidence-based, fall prevention program that has been shown to reduce falls by 31%
- You will become a certified Program Facilitator able to teach this program in your community or facility
- Facilitators will receive a curriculum for the seven-week (2 hours per week) Stepping on Fall Prevention Program
- This is the only Midwest training offered outside of Madison, Wisconsin
- Significant cost savings for local training
- 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 or business
- 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
- Learn what to look for when shopping for safe footwear

To learn more about Stepping On, [click here](#).

**Questions?** E-mail [Stephanie\\_Lambers@TriHealth.com](mailto:Stephanie_Lambers@TriHealth.com)

**Note:** Registration link will be sent to prospective trainees who meet class hosting criteria



### Who should attend

Health care professionals who are interested in teaching the program in their community or facility.

Professionals are required to be trained in pairs from the same organization.

### Where

TriHealth Rehabilitation Hospital  
2155 Dana Avenue  
Cincinnati, OH 45207

### When

Wednesday – Friday  
Aug. 7, 8 and 9, 2019  
9:30 a.m. - 5 p.m.

### Cost

FREE due to generous funding from HHS grant in connection to ODH.

### Registration

FREE - first come first served basis. Must agree to host 7 week class within 6 months of training completion. **Priority to those who have a plan in place to host 2 classes within 6 months following facilitator training**

Contact Stephanie Lambers at [Stephanie\\_Lambers@trihealth.com](mailto:Stephanie_Lambers@trihealth.com)