

# Getting Up and Down from the Floor Safely



There are many reasons for someone to get down to the floor. Some reasons are to clean, to get things from low shelves and drawers, to take a bath, and to play with kids and pets. This Physiotherapist-led class will talk about and show:

- Different ways to safely get down to and back up from the floor
- What to do if you fall onto the floor.
- How to safely help someone get up from the floor

**Note: This is an information session only. Participants will not be practicing getting down to the floor in this class.**

Class Type	Date	Time	How to Register
Online	Thursday, June 19	10:30 a.m. – 11:30 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, October 2	10:15 a.m. – 11:15 a.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

