



Steady on Your Feet

Falls can happen to anyone at any age. A physiotherapist will help you learn more about:

- What can lead to a fall.
- How to decrease your chances of falling.
- Being safe in your home and community.
- What to do if you fall.

Note: This is an information session only. Participants will not be exercising in this class.

Class Type	Date	Time	How to Register
Online	Wednesday, May 14 & 21, 2025	2:00 p.m. – 3:15 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, July 15 & Thursday, July 17, 2025	10:00 a.m. – 11:15 a.m.	
	Thursday, October 16 & 23, 2025	1:00 p.m. – 2:15 p.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.

