

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

Class Type	Date	Time	How to Register
Online	Wednesday, April 3	1:00 p.m. – 2:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, June 4	3:00 p.m. – 4:00 p.m.	
	Tuesday, September 10	1:00 p.m. – 2:00 p.m.	

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.

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