



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.

Class Type	Date	Time	How to Register
Online	Wednesday, April 17 & 24	10:00 a.m. – 11:15 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, July 17 & 24	10:00 a.m. – 11:15 a.m.	
	Wednesday, September 18 & 25	1:00 p.m. – 2:15 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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