

# Getting Up and Down from the Floor Safely

## What can I expect to learn?

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 class is led by a Physiotherapist who will:

- Talk about and show you different ways to get down to and back up from the floor in a safe way
- Talk about what to do if you fall onto the floor
- Talk about how to help someone get up from the floor in a safe way

## How many classes are there?

One session for 1 hour

## How is this class being offered?

Over Zoom

## Who can register for this class?

Adults who live anywhere in Alberta and who are physically present in Alberta during the session

## How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

