

# Steady on Your Feet

## What can I expect to learn?

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

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

## How many classes are there?

Two classes for 1 hour and 15 minutes each

## How is this class being offered?

Over Zoom and in-person

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## 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](#).

