



Steady on Your Feet

Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Everyday Exercises](#)
- [Home Safety](#)
- [Stay Active](#)
- [Winter Walking](#)

The following handouts are not available online and will be emailed to registered class participants.

- Balance



<https://www.ahs.ca/info/Page16878.aspx>

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**Primary Care
Alberta**

Alberta Healthy Living
Program