

December 17, 2024

## Falls prevention education and workout classes available

MEDICINE HAT – Local and area residents ages 50 and older, who live independently and can participate in physical activity without assistance, are invited to join a new falls prevention program.

Steady Moves is a free, eight-week series of classes designed to empower participants with the tools and knowledge to help reduce their risk of falls and improve their overall well-being.

Classes will run from 1 p.m. to 2:30 p.m. for eight consecutive Thursdays starting Jan. 9. Residents can register online at [Veiner Centre - Steady Moves Education and Exercise Series](#).

Steady Moves is coordinated by the Population Health Promotion team at Alberta Health Services in partnership with Unison at Veiner Centre and Ever Active Schools.

Each weekly session features:

- Insights into evidence-based fall prevention strategies provided by expert guest speakers.
- One-hour guided workout focused on strengthening muscles and improving balance.

Take the first step toward a safer, healthier future by joining this dynamic and informative program.

For more information, or if you require assistance with registration, please call 403-502-8238.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait times, improving EMS response times, increasing access to surgeries, and improving patient flow.

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**For media inquiries, contact:**

Jennifer Vanderlaan  
AHS Communications  
403-715-5518  
[jennifer.vanderlaan@ahs.ca](mailto:jennifer.vanderlaan@ahs.ca)