



Preventing Falls
with Balance & Buddies

Edmonton Area Classes for Winter 2025

NOT Falling for You is offered by community organizations with support from Alberta Health Services and the Injury Prevention Centre, Finding Balance Program.

Visit findingbalancealberta.ca/nffy/ for more information.

Unless otherwise stated, contact injury.preventionedmonton@ahs.ca or phone: 780-735-3004 to register, join a waiting list, or for more information.

Beverly Active Seniors Society

Thursdays, 10:30 am – 11:45 am

Starts January 9, 2024

Beverly Heights Community Hall, 4209 111 Ave NW, Edmonton

City of Fort Saskatchewan

Fridays, 11:00 am – 12:00 pm

February 7 – May 2, 2025

City Hall, 10005 102 St, Room 1, Fort Saskatchewan, AB

Register at fortsask.ca/GoLeisure (course code 17337)

or Phone: 780-992-6400

EPL Capilano Library Branch

Mondays, 10:30 am – 11:45 am

January 6 to March 24, 2025

Capilano Library, 9915 -67 St NW, Edmonton

Register at: epl.ca Search Events: NOT Falling for You, set “From” date to Jan 6, 2025.

Parkallen Community League (waiting list only)

Tuesdays, 9:30 am – 10:45 am

January 21 – March 25, 2025

Parkallen Community Hall, 6510 111 St NW, Edmonton

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Robertson-Wesley United Church

Thursdays, 10:00 am – 11:15 am

January 16 – March 20, 2025

10209 123 St NW, Edmonton

SEESA (South East Edmonton Seniors Association)

Fridays, 10:00 – 11:00 or 1:15 – 2:15 pm (2 classes)

January 10 – April 25, 2025

SEESA, 9350 82 Street NW, Edmonton

Register at: info@seesa.ca or Phone: 780-468-1985