



# **NOT** *Falling For You*

**Preventing Falls  
with Balance & Buddies**

## **Volunteer to be a Peer Leader!**

Over 50? Lead a falls prevention class in your community

### **Next Hybrid Peer Leader Training:**

**DAY 1:** Wednesday, February 11, 2026 @ 9 AM – 1 PM  
**Location:** ONLINE via Zoom

**DAY 2:** Thursday, February 12, 2026 @ 9 AM – 4 PM  
**Address:** Belvedere Community Hall  
13223 62 St NW, Edmonton, AB T5A 0V5

**Cost:** Free!

**To Register, Email:** [Injury.PreventionEdmonton@ahs.ca](mailto:Injury.PreventionEdmonton@ahs.ca)  
**Phone:** 587-596-0845

Scan for more information:



Or contact to join:  
Ph: 587-596-0845  
[Injury.PreventionEdmonton@ahs.ca](mailto:Injury.PreventionEdmonton@ahs.ca)