



**It takes a community to prevent a fall:  
We all have a role to play!**

# November is Fall Prevention Month

**Falls are the **leading cause** of injury-related death and the leading cause of hospitalizations in Canadian children.\***

The Fall Prevention Month website has:

- Pre-planned activities, posters and social media posts
- Resources you need to make a difference in your community

Together, we can help keep people active, independent, injury-free and healthy.

Find out more and download these resources at  
[parachute.ca/fallpreventionmonth](https://parachute.ca/fallpreventionmonth)

\*Source: Canadian Paediatric Society  
[www.cps.ca/en/documents/position/child-and-youth-injury-prevention](https://www.cps.ca/en/documents/position/child-and-youth-injury-prevention)

