

A composite image of three children. At the top left, a girl with dark curly hair in a purple leotard is swinging happily on a swing set against a lime green circular background. In the center, a boy in a white polo shirt is jumping or running, with a light yellow circular background behind him. At the bottom left, a girl with long dark hair in a white t-shirt is smiling and holding a soccer ball, with a blue circular background behind her.

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

*Source: Canadian Paediatric Society
www.cps.ca/en/documents/position/child-and-youth-injury-prevention

