



**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

