



# November is Fall Prevention Month

**All Canadians have a role in preventing falls.**

## **Plan an activity in your community!**

The Fall Prevention Month website has:

- Activities with instructions
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- Promotional materials
- Posters
- Evidence-based resources

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)**

