

NOVEMBER IS



Fall Prevention Month encourages organizations to coordinate their efforts for a larger impact. Canadian organizations participate by planning initiatives and sharing evidence-based information on fall prevention.

Together, we can raise the profile of fall prevention and help everyone see their role in keeping adults active, independent and healthy as they age.



What role will you play this November?

- **Check out our toolkit.** Get access to resources that can help you plan for fall prevention month.
- **Organize an activity.** Plan an information session, exercise class or presentation. Incorporate fall prevention at your next social gathering with adults, older adults or your next staff meeting.
- **Share information.** Provide a handout on fall prevention. Spread the news about this campaign!

Visit fallpreventionmonth.ca for



Toolkit Resources



Calendar



@fallpreventCA
#PreventFalls2018