



**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 among older adults
and **one-third** of those who fall will never return home.***

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
www.fallpreventionmonth.ca

*Data Source: Statistics Canada: Health at a Glance, <https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14010-eng.htm>. Adapted by the Ontario Neurotrauma Foundation

