



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, download the toolkit at [www.fallpreventionmonth.ca](http://www.fallpreventionmonth.ca)

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

