

November is Fall Prevention Month

By CCMB Communications & Public Affairs

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It takes a community to prevent a fall:
We all have a role to play!

30% of older adults fall each year*

- Ask your health care team for more information on Fall Prevention
- Please contact the Patient and Family Resource Centre at 204-787-2109 or toll-free 1-866-561-1026
- Visit our website for more information: www.cancercare.mb.ca/Patient-Family/keeping-you-safe (<https://www.cancercare.mb.ca/Patient-Family/keeping-you-safe>)

Together, we can help keep people active, independent, injury-free and healthy.

Please also visit www.fallpreventionmonth.ca (<http://www.fallpreventionmonth.ca>) for helpful tips and resources for patients, caregivers and health care providers.

*Source: <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html> (<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html>) Adapted by Ontario Neurotrauma Foundation