

# PROCLAMATION

## NOVEMBER SENIORS' FALLS PREVENTION MONTH

**WHEREAS** seniors are a vital part of our families, communities, and province giving generously of their wisdom, experience, and love; and

**WHEREAS** falls are the leading cause of injuries amongst seniors; and

**WHEREAS** 20-30% of seniors in Alberta will fall at least once a year; and

**WHEREAS** falls among our seniors will result in over 9,000 hospital admissions and 33,580 emergency dept visits each year; and

**WHEREAS** falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of independence; and

**WHEREAS** individuals and organizations from a multitude of disciplines across Alberta are working together to increase awareness of this issue and encourage Albertans to take steps to prevent seniors' falls; and

**WHEREAS** the quality of life is improved for Alberta seniors who remain healthy, active, and independent;

**NOW THEREFORE, I** \_\_\_\_\_ do hereby proclaim this month of November to be **Seniors' Falls Prevention Month** in

LOCAL CONTACT INFORMATION



[findingbalancealberta.ca](http://findingbalancealberta.ca)

Challenge  
Your  
Balance

Build  
Strength

Be  
Active

### CONTACT

tel: 780.492.6019  
email: [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)

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