Falls account for 85% of all injuries among B.C. seniors and are the main reason why older adults lose their independence.

What can I do?
Key ways to prevent falls:

- Improve mobility and balance.
- Follow the Canadian guidelines for calcium and vitamin D.
- Have regular vision check-ups.
- Review medications with a doctor or pharmacist.
- Reduce trip and slip hazards.

Am I at risk?
Take the online survey at: www.seniorsbc.ca/fallprevention

To learn more, visit: www.seniorsbc.ca/fallprevention