

Healthy Living: Falls Prevention Week – September 18-25

Falls are the second leading cause of unintentional injury death for North Carolinians of all ages, and in every year from 1999 to 2019, falls were the number one cause of injury death for individuals 65 and older. NC Alliance of YMCA staff serve on the NC Falls Prevention Coalition (NCFPC), and many of our local YMCAs support regional Falls Prevention Coalitions as members. And, of course, several of our YMCAs offer Moving for Better Balance programs for those at risk for falls.

Local YMCAs may be hosting events, so if your Y is hosting an event and it's not yet on the statewide calendar, **post your events [HERE](#)** to help people across the state attend local in-person and/or virtual events! Check back each week to get inspired by what other partners are offering around the state.

The NC Falls Prevention Coalition is celebrating Falls Prevention Awareness Week September 18-25, 2023, with a **[Falls Prevention Awareness Week Lunch and Learn Virtual Webinar Series!](#)** This event, hosted by the NC Falls Prevention Coalition (NCFPC) in conjunction with the regional falls prevention coalitions, happens each day of Falls Prevention Week. (FPAW events [page](#)) Register using the Zoom registration [link](#). All are welcome to participate, so please share the word with your colleagues, friends, and family.

Want an easy way to celebrate falls prevention week? Consider hosting a lunchtime watch party with your Y to tune in together and engage in insightful discussions following each session or creating a social media group to share the information.

Let's work together to make Falls Prevention Awareness Week a resounding success. Your active participation and enthusiasm will contribute to raising awareness and promoting falls prevention throughout our communities.