



North Zone Health  
Neighbourhood  
Four Directions

Special Edition brought to you by

# Know Your Neighbour

October 2025

1 out of 3  
Albertans over age  
65 will fall at least  
once a year.

The Four Directions Health Neighbourhood wanted to bring this special edition to prevent falls and promote bone health.

Think about  
safety to prevent  
falls and trips  
this season:

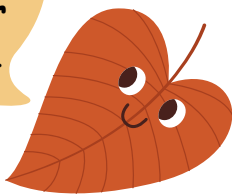
A fall can have a  
significant impact  
on the lifestyle  
and independence  
of an older adult.



## FALL Prevention

"Leaves are supposed to fall - people aren't!" -Anonymous

Don't be afraid  
to use your  
cane or walker  
if you need it.



When it gets icy,  
invest in boot chains  
or ice melt or walk  
like a penguin



Don't trip on  
the rake!  
Always put it  
up

Interactive Game  
Spot the Hazard



Hazards hide in plain  
sight—grab a buddy  
for a home  
walkthrough and spot  
what you might miss!



With [www.FindingBalanceAlberta.ca](http://www.FindingBalanceAlberta.ca)  
INJURY PREVENTION CENTRE  
School of Public Health, College  
of Health Sciences





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Eating well helps to keep your bones strong, and to prevent and manage osteoporosis.



Osteoporosis is when bones become weak.



Weak bones break (fracture) more easily.



Check out this  
Bone Mineral  
Density Testing  
Resource

Eating a variety of foods each day from Canada's food guide promotes bone health. At each meal:

- Have plenty of vegetables and fruits
- Eat protein foods
- Choose whole grain foods
- Include calcium rich foods



What other factors affect bone health? Too much sodium, caffeine, and alcohol, can harm your bones. Talk to your pharmacist about medications that may affect bone health.

Are You Eating Well for Your Bones?

# BONE HEALTH

## Am I Eating Well for My Bones?



Do you have bone health concerns?  
Did you know you can ask your  
Primary Care Provider about them?  
Consider asking:

- How do I take better care of my bones?
- How does the food that I eat impact my bone health?
- How much calcium do I need to consume in a day?
- Do I need a calcium supplement?



Work with your health care provider to quit smoking.



Visit this link or scan the QR to find out



More support? Call 811 Health Link and ask to talk to a dietitian or complete a self referral form on [ahs.ca/811](https://ahs.ca/811).



Alberta Indigenous  
Virtual Care Clinic



[albertafindadoctor.ca](https://albertafindadoctor.ca)



North Zone (NZ) Health  
Neighbourhoods

The Four Directions Health Neighbourhood is a grassroots primary care improvement group working toward better community understanding of health and wellness and does not necessarily endorse all people or services showcased.