Bone health 101

This is an in-person event

Date June 25, 2024

Time 11:00 am to 12:00 pm

Location Third floor program room

Event type: Lifelong learning, Seniors

REGISTER

Back to all events

Event overview

June 25, 2024

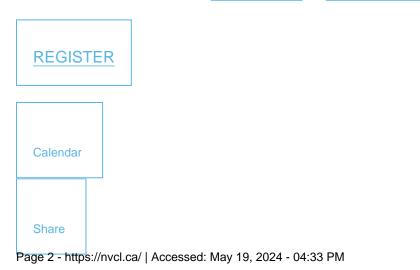
11:00 am to 12:00 pm

Did you know at least one in three women and one in five men will suffer from an osteoporotic fracture in their life? Join us to learn about osteoporosis, fracture risk, maintaining healthy bones, and preventing falls.

Organization bio: Osteoporosis Canada is the only national organization serving people affected by osteoporosis. The organization works to educate, empower and support individuals and communities on bone health and in the risk-reduction and treatment of osteoporosis.

Registration for the program is not required, but it helps us anticipate attendance. If you register you will also receive an email reminder the day before the event, as well as any updates about this program.

Questions? Please contact info@nvcl.ca or 604-998-3450.



Next Events

Open space

Teen open space

Tuesday, May 21, 2024, 3:00 pm to 6:00 pm

Go to event

Children

Study stars

Tuesday, May 21, 2024, 3:30 pm to 4:30 pm

Go to event

Immigrants and newcomers

Citizenship test preparation workshop

Tuesday, May 21, 2024, 5:00 pm to 6:30 pm

Go to event

Cultural discovery

Intro to Shahnameh in Farsi ????? ?? ?? ???????

Tuesday, May 21, 2024, 6:30 pm to 8:30 pm

Page 3 - https://nvcl.ca/ | Accessed: May 19, 2024 - 04:33 PM

Go to event
Open door community hub
Wednesday open door community hub
Wednesday, May 22, 2024, 9:00 am to 12:00 pm
Go to event
Children
Toddler storytime
Wednesday, May 22, 2024, 10:00 am to 10:30 am
Go to event
Collaboratory
Wednesday device clinic
Wednesday, May 22, 2024, 10:00 am to 11:00 am
Go to event
5 1 1 1

Book clubs

Persian Book Club ?????? ????????????????

Wednesday, May 22, 2024, 10:00 am to 12:00 pm

Storytime

Go to event

Storytime in Farsi ??? ? ?????? ????? ?????? ?? ??????

Wednesday, May 22, 2024, 11:00 am to 11:30 am

Go to event

Open space

Teen open space

Wednesday, May 22, 2024, 3:00 pm to 6:00 pm

Go to event

EXPLORE FULL CALENDAR