

# **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](#)

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## 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](mailto:info@nvcl.ca) or [604-998-3450](tel:604-998-3450).

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## Next Events

Open space

[Teen open space](#)

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

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Children

[Study stars](#)

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

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Immigrants and newcomers

[Citizenship test preparation workshop](#)

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

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Cultural discovery

[Intro to Shahnameh in Farsi ?????? ?? ?? ????????](#)

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

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Open door community hub

[Wednesday open door community hub](#)

**Wednesday, May 22, 2024, 9:00 am to 12:00 pm**

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Children

[Toddler storytime](#)

**Wednesday, May 22, 2024, 10:00 am to 10:30 am**

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Collaboratory

[Wednesday device clinic](#)

**Wednesday, May 22, 2024, 10:00 am to 11:00 am**

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Book clubs

[Persian Book Club ?????? ?????????? ??????](#)

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

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Storytime

[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

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