

Seniors' gathering: Stepping safely, insights into fall prevention

This is an in-person event

Date March 12, 2024

Time 10:00 am to 11:30 am

Location Third floor program room

Page 1 - <https://nvcl.ca/> | Accessed: May 8, 2024 - 03:57 PM

Event type: [Seniors' gatherings,](#) [Seniors](#)

Registration is closed [Back to all events](#)

Event overview

March 12, 2024

10:00 am to 11:30 am

Gather with fellow seniors at the library, share some stories and enjoy some light refreshments.

Meetings are held the second Tuesday of the month on the 3rd floor at the library.

Drop-ins are welcome but registrations are encouraged. You can register at any desk or by calling us at [604-998-3450](tel:604-998-3450). If you have any questions or concerns please email info@nvcl.ca.

This month, we are partnering with the [North Shore Primary Care Network](#) (NSPCN) to bring you this important health and safety presentation.

In this session, the [NSPCN](#) brings you an overview of and insights into falls and fall prevention. Learn the risks and what you can do to stay safe and protect yourself from dangerous falls.

Speaker: Kirvy Quiambao is the Lead, Injury Prevention and Safety Promotion, at the BC Centre for Disease Control (BCCDC) and Vancouver Coastal Health (VCH). He comes with experience in areas of public health. Kirvy is supporting and leading some of the injury prevention initiatives within the province of BC, focusing on the VCH region.

Registration is closed



Calendar

Share

Other Dates

[Tuesday, May 14, 2024 - 10:00 am](#)

[Tuesday, May 28, 2024 - 10:00 am](#)

[Tuesday, June 11, 2024 - 10:00 am](#)

Next Events

Book clubs

[Adult book club: "Joy"](#)

TODAY, 7:00 pm to 8:30 pm

[Go to event](#)

Immigrants and newcomers

[English conversation circles for the workplace](#)

Thursday, May 9, 2024, 1:00 pm to 2:30 pm

[Go to event](#)

Collaboratory

[Device clinic in Farsi](#)

Thursday, May 9, 2024, 2:00 pm to 3:00 pm

[Go to event](#)

Open space

[Teen open space](#)

Thursday, May 9, 2024, 3:00 pm to 6:00 pm

[Go to event](#)

Teens and tweens

[Teen open gaming](#)

Thursday, May 9, 2024, 3:30 pm to 5:30 pm

[Go to event](#)

Book clubs

[Adult ELL book club](#)

Thursday, May 9, 2024, 7:00 pm to 8:15 pm

[Go to event](#)

Collaboratory

[Introduction to online travel planning](#)

Thursday, May 9, 2024, 7:00 pm to 8:30 pm

[Go to event](#)

Children

[Baby storytime](#)

Friday, May 10, 2024, 10:15 am to 10:45 am

[Go to event](#)

Children

[Baby storytime](#)

Friday, May 10, 2024, 11:00 am to 11:30 am

[Go to event](#)

Collaboratory

[MS Office learn and practice: Word](#)

Friday, May 10, 2024, 12:00 pm to 1:15 pm

[Go to event](#)

[EXPLORE FULL CALENDAR](#)