

# ***July 10, 2018***

*Our guest speaker for this meeting will be Pam Higson from Sport Waikato, Pam will be giving a nominal thirty-minute presentation on Keeping on Your Feet – a strength and balance programme aimed at us older adults, the presentation will also include a practical component where a variety of very simple but effective exercises that can be easily done at home to help build strength and balance will demonstrated, incorporating an opportunity for members to participate.*

*The Venue for this meeting will be:*

*The Knox Hall*

*83 Domain Road*

*Whakatane*

*Time:*

*1.30 pm.*

*Refreshments will be served following the meeting*