

May 7, 2018

This was our Annual General Meeting, our guest speaker for this meeting was Angelika Gillen from Age Concern. Angelika spoke on SAYGo (Steady As You Go), and in particular on Falls Prevention.

After a brief presentation on what SAYGO was about, Angelica got everyone attending the meeting to participate in some of the exercises in the program which she created, also as the SAYGO group was meeting at the same time in the next room; she invited members into the SAYGO class to watch a few of the exercises the group were undertaking.

All in all, everyone agreed that Angelica presented SAYGO in an extremely interesting way, an extremely good introduction presentation.

The Venue for this meeting was:

The Knox Hall

83 Domain Road

Whakatane

Time:

1.30 pm.

Concluded:

4.00