

November 13, Meeting

Our next General Meeting will be held on Tuesday November 13, at the Knox Hall, Domain Road at 1:30 pm. The topic for our guest speaker for this meeting will be 'Eat your way to Health & Wealth'.

*Eat the right kind of food and help your body heal itself. Enjoy your food and forget the word **DIET**.*

"Ko te kai he rongoa, ko te rongoa he kai"

This presentation will be by Dr Siva Panadam, PhD Chemistry.