



INVITATION TO ATTEND THE SOUTHERN WHEATBELT ZONE MEETING

Three members of each shed are invited to attend the upcoming Zone Meeting hosted by the **The Pingelly Men's Shed**

DATE	Wednesday, 26 April 2023
TIME	9:00am to 3:00pm
LOCATION	2 Stone St, Pingelly WA 6308
PARKING	Plenty of parking onsite
COST	\$15 per person, payable on the day to Pingelly Men's Shed to cover catering costs
RSVP	Jaxon@mensshedsWA.org.au by Monday 16 May 2022 Please advise when you RSVP if you have any dietary requirements.

SOUTHERN WHEATBELT ZONE SHEDS:

- | | | |
|---------------------------------|-------------------------|-----------------------|
| Beverley Men's Shed | Boddington Men's Shed | Bruce Rock Men's Shed |
| Corrigin Men's Shed | Cuballing Men's Shed | Hopetoun Men in Sheds |
| Hyden Districts Men Shed | Kondinin Mens Shed | Kulin Men's Shed |
| Lake Grace Community Men's Shed | Narembeen Men's Shed | Narrogin Menshed |
| Pingelly Men's Shed | Quairading Vintage Shed | The Shed |
| The Williams Men's Shed | Wandering Men's Shed | Wickepin Men's Shed |
| York Men's Shed | | |



DON'T IGNORE THE YAWNING SIGNS

LACK OF SLEEP SLOWS REACTION



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MEETING AGENDA – SOUTHERN WHEATBELT ZONE MEETING

9.00 am	Arrive and have a cuppa
9.30 am	Welcome and introductions <ul style="list-style-type: none"> • Welcome by host Shed • Welcome by Men's Sheds of WA Board Member
9.40 am	Let's talk - around the Sheds <ul style="list-style-type: none"> • Sharing your Sheds information - membership numbers and achievements • Please also prepare 3 do's or don'ts for starting a shed (to be compiled for developing sheds)
10.30 am	Coffee and tea break
11.00 am	Guest Speaker - Cancer Council
11:30 am	Regional Health Coordinator update – Rebecca Talbot and/or Richard McAllister
12:00 pm	Guest speaker – Carbatec – Graham MacKellar
12.30 pm	Lunch
1.30 pm	Alzheimer's in sheds discussion with Rebecca Talbot
1.50 pm	News and updates <ul style="list-style-type: none"> • Men's Sheds of WA administration and policy updates • Latest shed wide developments
2.55 pm	Next Zone Meeting details: Location and date
3.00 pm	Farewell to Shedders and close

Photos may be taken on the day for use in Men's Sheds of WA publications, website and social media. Please advise on the day if you are uncomfortable with your picture being used.

This event is supported by the Government of Western Australia's Road Safety Community Grants Program



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