

## INVITATION TO ATTEND THE GOLDFIELDS ZONE MEETING

Up to 6 members of each shed are invited to attend the upcoming Zone Meeting hosted by the **The Norseman Men's Shed**;

<b>DATE</b>	9 May 2023
<b>TIME</b>	9:00am to 3:00pm
<b>LOCATION</b>	The Norseman Men's Shed; 104 Prinsep St, Norseman
<b>PARKING</b>	Plenty of parking onsite
<b>COST</b>	\$15 per person, payable on the day to cover catering costs
<b>RSVP</b>	<a href="mailto:Jaxon@mensshedsWA.org.au">Jaxon@mensshedsWA.org.au</a> by 2 May 2023 Please advise when you RSVP if you have any dietary requirements.

### GOLDFIELDS ZONE SHEDS:

C.Y.O'CONNOR MEN'S SHED

KAMBALDA MEN'S SHED

Coolgardie Community Men's Shed

Laverton Mens Shed

Esperance Men in Sheds

Nindee Men Inc

Yilgarn Men's Shed

The Norseman Men's Shed Association

Bremer Bay Community Men's Shed

Your Zone Meeting may be attended by your MSWA Board representative.



**DON'T IGNORE THE YAWNING SIGNS**

LACK OF SLEEP SLOWS REACTION



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## MEETING AGENDA – GOLDFIELDS ZONE MEETING

9.00 am	Arrive and have a cuppa
9.30 am	Welcome and introductions <ul style="list-style-type: none"> <li>• Welcome by host Shed</li> <li>• Welcome by Men's Sheds of WA Board Member</li> </ul>
9.40 am	Let's talk - around the Sheds <ul style="list-style-type: none"> <li>• Sharing your Sheds information - membership numbers and achievements</li> <li>• Please also prepare 3 do's or don'ts for starting a shed (to be compiled for developing sheds)</li> </ul>
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"> <li>• Men's Sheds of WA administration and policy updates</li> <li>• Latest shed wide developments</li> </ul>
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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