

# 2019 Annual General Meeting Thursday, June 6, 2019, at The Fluvarium, 5 Nagles Place

The registration deadline is Wednesday, May 29.

The theme for the morning is **Keeping Healthy with Diet and Exercise**.

Our morning sessions will feature talks by Heidi Murphy, Dietitian with Loblaws, and Dr. Jeannette Byrne, Associate Professor, School of Human Kinetics and Recreation, MUN.

Schedule:

9:00-9:30 Registration

9:30-10:30 Heidi Murphy: [Getting to Know the New Canada's Food Guide](#)

10:30-11:00 Coffee Break

11:00-12:00 Dr. Jeannette Byrne: [Importance of Exercise with](#)

[Aging](#) Resources: [Physical Activity Toolkit for Older Adults](#)

12:00-1:30 Lunch

1:30-3:00 Business Meeting

Our lunch will be a Chicken Pot Pie meal, with a vegetarian option available.

There is no charge for attending the AGM. If you want to join us for lunch, the cost is \$25.00, in cash or by check payable to MUNPA. Payment is due the morning of the AGM - no advance payment is required.

Please pre-register for the AGM by sending an e-mail to [munpaevents@mun.ca](mailto:munpaevents@mun.ca). When you do, please let us know:

- Whether you want to join us for lunch and, if so
- Whether you want the chicken pot pie meal or the vegetarian meal – cheese tortellini
- If you have any dietary restrictions
- If you need a ride

**Pre-registration is required. It lets us know how many people to expect and how much food should be ordered. The deadline to pre-register is Wednesday, May 29.**