The next hybrid meeting of the Victorian Branch is due on Wednesday 25 November at the South Melbourne Community Centre and via Zoom where we have invited a qualified Dietitian to present to our audience on the topic **"Healthy living in retirement".**



Suzanne Charkas is a Dietitian who qualified from the University of Sydney in 1987 and has worked both in private hospitals and private practice. She is a keen fitness person who has been a long-term advocate for healthy eating and healthy ageing. Suzanne will share her knowledge with our group, with a focus on healthy living in retirement.
Her talk will include weight management, maintaining muscle strength, portion sizes, balanced meals, foods and habits to help reduce age-related health problems and using nutrition data to make healthy choices when shopping.

This presentation promises to be just as insightful as our last presenter Victorian Committee Member Ed Blake who gave us a guide to purchasing hearing aids – "My Search for Affordable Hearing Aids" which is now available in our Member's Portal with his presentation available in the Speaker's Corner.

Following our November meeting's special guest speaker, will be another informative IT presentation from **Peter Baker.** Peter has offered to speak about the very current topic **"Data Centres** and us".

It is always worth listening to his tips especially for a senior's IT life.

The in-person meeting attendees will enjoy a Christmas lunch and good conversations prior to the start of the presentations.

Members may join us live and get their questions answered.

Victorian meetings continue to be conducted on the last Wednesday of March, June, September and November.

Members from all states are welcome to attend meetings if visiting Melbourne at the time (starting at 1:00pm) or join the meeting via Zoom (at 1:45pm AEST). You are welcome to invite current public sector employees, former colleagues, friends, or partners to our Meetings and to join our Association at our meetings or beforehand.

The Victorian Branch also maintains an open communication online questionnaire for you to ask questions and suggest meeting topics prior to each meeting – complete responses by clicking HERE

Alternatively, you may email us at APSSuper1927.Vic@gmail.com