

U3A in the Age of Covid

To attend, you must have a vaccine pass.

Masks must be worn at all times in the hall and the rest of the building.

We are required to have better ventilation in the hall. To achieve this, windows and doors may have to be left open during the presentation. Please dress appropriately for the cooler temperatures.

Morning tea will not be served.

Our speakers for the foreseeable future will use Zoom technology.

COMMITTEE 2021 - 2022

7	President
3	Vice P.
2	Secretary
11	Treasurer

1	Pam	Butler
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8	Isabel	Hopkins
9	David	Karran
10	Brian	Lucy
11	Rosemary	McGeachie
12	Jean	Mcllwrick
13	Robyn	Savage
14	Jennifer	Sinclair
15	Leila	Stokes
16	John	Wallace



We prefer to contact you by Email.
 If you have an Email address, and we are not aware of it, how about letting us know.
 Spare paper copies of the brochure are always available if you are unable to print one for yourself.

Series organised by:
 David Karran 217 6826

When you come through the door please remember to tick the appropriate box. In this age of Covid that's more important than ever.

Entry Requirement: Vaccine Certificate.

Please have it ready to show as you sign in.



2022 Series 2
18 March to 8 April

Human Nutrition in an Ever-Changing World



Venue: Windsor Community
Church Hall Windsor St.

Time: 10 a.m.
Cost: \$30 per person

Entry Requirement: Vaccine Certificate

Human Nutrition in an Ever-changing World

Session 1 Friday Mar 18

Presenter:
Emeritus Professor Sir Jim Mann

Disentangling the Minefield of Apparently
Conflicting Nutritional Advice.

Sir Jim is Emeritus Professor in Human Nutrition and
Medicine at the University of Otago. He is a prolific
author of papers and textbooks in his field of lipids and
carbohydrates as they relate to coronary heart disease,
diabetes and obesity.

**Please Note: AGM will start at 9.40am before
this presentation.**

Session 2 Friday Mar 25

Presenter: Dr Alexandra Chisholm

A New View of Tree Nuts

Dr Chisholm has been involved in several studies with
the Human Nutrition Department's Nut Research Group.
She will discuss the group's conclusions so far.

Tree nuts have a very long and important history in the
human diet. More recently, research has focused on
their benefits in the heart healthy eating pattern, in spite
of occasional concerns over weight gain.

Session 3 Friday April 1

Presenter: Prof Michael Schultz

When Normal becomes Abnormal – a change
in Bowel Habit

Professor Schultz is a specialist in
Gastroenterology at the Otago University Medical
School. He has a special interest in Inflammatory
Bowel Disease and he will discuss this along with
coeliac disease and colo-rectal cancer.

Session 4 Friday April 8

Presenter: Dr Christina McKerchar

**Not Like When We Were Young - Food
Environments and Children Today**

Nutritionist Dr McKerchar is a Senior Lecturer in
the Department of Population Health in the
Christchurch arm of the University of Otago. She
has recently completed her Ph.D. and will discuss
her findings in this session.

This series was developed by three former
Dietitians who are U3A members: Jenny
Walker, Makuini McKerchar and Anne Read.
Thank you!

Registration Form Series 2 2022

Payment Methods in Order of Preference:-

1. Direct Credit to Acc: 03 1746 0080910 000
2. Eftpos Debit card payment available on
the day.
3. Cash in an Envelope

**Cash payments in an envelope, please,
with your name or include this
registration form.**

Amount enclosed **\$30** per person

Name:

Cash Enclosed	
\$	

Payment to:
The Treasurer,
U3A Invercargill
65 Durham Street
Waikiwi
Invercargill 9810

