

Forrest Men's Shed Program at 16 April 2024

Date	Speaker name	Topic / Activity	Contact Details	Comment
23 Apr	Kent Fitch	Autonomous vehicles	kent.fitch@gmail.com	Confirmed
30 Apr	Jo Twibble KJB Law	Retirement villages and aged living.	jo@kjblaw.com.au Ph 6281 0999	Confirmed
7 May	Coffee and chat			Confirmed
14 May	Ruth Palavestra, retired OT	Falls Prevention for Older People	rpalavestra@inet.net.au Ph 0417716877	Confirmed
21 May	Rob Douglas	My life, my work, my passions		Confirmed
28 May	Coffee and chat			Confirmed
4 Jun	EV Panel, our members experience	Chris Emery (Hybrid) Dennis Hayes (Hybrid and EV), Keith Billingham (Hybrid)		Confirmed
11 Jun	Men's Health Week, Make Sleep your Friend.	Webinar Make sleep your friend - YouTube	Chris Emery to cast	Confirmed
18 June	Coffee and chat			Confirmed
25 Jun	Heart - healthy eating simplified: A recipe for effective behavioural change.	Webinar: Heart-healthy eating simplified: a recipe for effective behaviour change Heart Foundation	John to cast	Confirmed