

**FOREVER ACTIVE AUTUMN FORUM *followed by the*
FOREVER ACTIVE FORUM LTD ANNUAL GENERAL MEETING**

THURSDAY 28 NOVEMBER 2019, 1.15 for 1.30 pm till 3.30pm

**CONFERENCE ROOM, THIRD FLOOR,
CAMBRIDGE CENTRAL LIBRARY, 7 LION YARD, CB2 3QD**



FORUM MEETING

A presentation and taster session on the benefits of T'ai Chi by Mike Tabrett

Mike is an experienced and popular Forever Active instructor with a history of teaching traditional exercises and forms in all aspects: martial, meditation and health. He has experience of working in specialist health areas such as older people and stroke survivors using specially adapted exercises including chair based.

Mike has been made an honorary vice-president of the T'ai chi Union for Great Britain in recognition of his work which includes professional training offered to T'ai Chi teachers and to health care professionals.

Break for refreshments and conversation. Please bring a cup/mug with you.

AGM AGENDA

- 1. Apologies**
- 2. To receive the Accounts for 2018/9**
- 3. To receive the Annual Report for 2018/9**
- 4. To Re-elect as Directors/Trustees** Elizabeth Crow, Penny Granger, Simon Hanna, Anne Johnson, Diane Johnston, David McClean, Sue Morley and David Watkinson
- 5. AOB**

Note: In accordance with the Companies Act 2006, a member unable to attend the meeting may appoint a proxy by delivering not later than 48 hours before the meeting a signed notice naming a proxy. Any member wishing to name a proxy should telephone 07432 480105 or email enquiries@forever-active.org.uk for details of the procedure.

**Please call Enquiries on 07432 480105 or email enquiries@forever-active.org.uk
to confirm your attendance**

**Supporting papers will be posted on the website
www.forever-active.org.uk and available at the meeting**