

The **EAST MIDLANDS**

at the **HEART**  of it all!

East Midlands Region U3As Conference 2011

(incorporating the AEMU3As AGM)

'HEALTHY AGEING'

22 July 2011 at Holywell Park, Loughborough University, LE11 3GR

Programme

- 10:30** Registration & Coffee
- 11:00** Welcome and Introduction by Chair
- 11:05** Welcome by Pro Vice Chancellor of the University, Prof. Morag Bell
- 11.10** **SPEAKER 1 Boning Up on Exercise for Osteoporosis Prevention.** Dr. Katherine Brooke-Wavell is from the School of Sport, Exercise and Health Sciences etc. Loughborough University. She is a Senior Lecturer, whose interests are best summarised as the influences of physical activity and lifestyle on bone health and fall risk. Much of her research involves older people, and indeed it is for her work that we sometimes receive pleas from the University for volunteers to participate in tests, trials etc.
- 12.05** **SPEAKER 2** (Dr Alec McMinn is coordinator for the third Age Trust Research Committee. The purposes of the Research Committee is to engage in all kinds of research and to encourage U3A members to participate. He will talk about the committee with reference to its work on well-being)
- 13:00 – 14:00** **LUNCH**
- 14:00** AGM of the Association of east Midlands U3As (see separate agenda)
- 14:30** **SPEAKER 3** (John Hayes MP Minister of State for Further Education, Skills and Lifelong learning)
- 15:30** Conclusion - The Way forward for the Region – Chair