



The Royal Society of Tasmania

INVITES YOU TO

Live it up

A PUBLIC LECTURE BY

Ngairé Hobbins

where: **Meeting Room, QVMAG at Inveresk**

when: **1.30 pm, Sunday 23rd February 2020**

admission: **free for members of the Royal Society of Tasmania***

\$6 general admission

**\$4 for students, QVMAG Friends, and members of
Launceston Historical Society**

**membership forms available at the door*

The speaker is a widely experienced dietitian specialising in brain health beyond middle age. Her main focus is on alerting older people to their unique nutrition needs, helping them minimise physical and cognitive decline. She has worked in the community, hospitals, universities and nutrition communication, including at the Wicking Dementia Centre Research and Education Centre of UTas as a clinical lecturer for the Bachelor of Dementia Care. She is Chair of the Australian Association of Gerontology, Tasmanian Division.

Ngairé presents the science of nutrition, ageing and brain health in the language of everyday people, offering sensible, practical advice to help people make the most of the later years of life. One of her books - *Eat to Cheat Ageing* - will be available to purchase (\$20). You should leave this session informed and armed to enjoy health and vitality in later life.



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