



.....October 18, 2022.....

York Branch Fall Membership Hybrid Meeting

The York Branch Board from the National Association of Federal Retirees is inviting you to the Fall Membership Meeting, either in person at the Richvale Community Centre, or via a scheduled Zoom video conference.

Topic: Fall Membership Meeting with an inspiring presentation by Igor Klibanov, a health and fitness speaker (www.igorklibanov.com). Igor will focus on nutrition and fitness ideas for people over 55.

Date: October 18, 2022

Time: 10:30 a.m. to 12:30 p.m.

Location: Richvale Community Centre, located at 160 Avenue Road in Richmond Hill, Ontario or by ZOOM.

We encourage you to bring non members to the meeting. If they sign up to be members, you will be eligible for a \$100 gift-card draw.

Please register in advance for this meeting. We will need to have an idea of the numbers attending the FMM in person, and “virtually”, as well as a list for the door prize.

- Members attending virtually will be asked to register via Zoom (click for FMM registration), as we have done in the past.
- Those who can actually be there will be asked to advise by e-mail to the Branch address (Federalretirees.york@gmail.com) AND to register via Zoom (click for FMM registration)

After registering, you will receive a confirmation email containing information about joining the FMM meeting. Couples should

register separately. Both those who attend in person or online will qualify for the "door prize" draw of a \$100 gift card.

Attached is the [2022 FMM Agenda](#).

The documents related to this meeting will be available on our York Region Branch Website:

[York | Federal Retirees](#)

<https://www.federalretirees.ca/en/branches/ontario/york-branch/upcoming-events>

I look forward to seeing you on Tuesday, October 18, 2022!

Fred Conway
President, York Branch