

## Fraser Valley Branch #100

Minutes of Membership Meeting held Sept 15,2025.

Attendance: 10 Members, Executive: Connie Capostinsky&Mark Perry

GUEST:Cindy Solkin-holistic nutritionist and personal life coach.Cindy gave a presentation on HEALTHY AGING...which included details on Diabetes,Cholesterol & Blood Pressure. The presentation was very informative and provided great tips on things we can do to free us from physical discomfort and poor health and set us on a path to good nutrition and better health.

### BRANCH UPDATE

Executive President- Jerry Gosling has resigned as he moved to Vancouver Island.

Executive Membership Chair-Bruce Handysides passed away.

Next Branch Meeting: Annual General Meeting-MONDAY November 24<sup>th</sup>