

## THE UNIVERSITY OF THE THIRD AGE

Beginning in France in the mid seventies the U3A movement has now spread to most countries and has many hundreds of thousands of members.

U3A is a response to the idea that human life is divided into three periods: firstly, childhood and schooling; secondly, child rearing and work; and thirdly, retirement.

The third age is seen to provide the greatest opportunities for learning and understanding because it is during this period of retirement that the idea of a university as a community of those who seek greater understanding through learning can be put into practice.

### The unique characteristics of U3A

- Learning topics are selected by the members
- In depth courses are planned by members
- Opportunities for reading, research and discussion are provided
- Presenters/facilitators are usually members of the groups
- The company of others who enjoy learning is ensured
- The atmosphere for learning is informal and friendly
- There are no examinations
- There are no compulsory activities
- Courses take place during daylight hours
- Costs are minimal and within reach of everybody

The U3A Dunedin Charitable Trust has recently entered into a partnership with the University of Otago which will enhance their shared community of interest by continuing to provide a programme of non-credit educational courses while further utilising the expertise and resources of the University.

## ADMINISTRATION

### TOPICAL ISSUES IN HUMAN NUTRITION

Dates: March 17 to April 28

Time: 10.00 am - noon

Fee: \$40

Tea and coffee provided

### Enrolments -- limited to 50

You are able to enrol in more than one programme (subject to numbers). If you wish to enrol for more than one programme, you *must indicate your choice* on the Enrolment Form.

To be received on or before **mid-day Wednesday February 9**. After the draw those who were unsuccessful will be notified by February 18.

### Venue

Lecture room, Salmond Hall, Knox Street

### Course Organiser

Elizabeth Timms (467 2141)

### Assistant

Diana Wilson (477 2282)

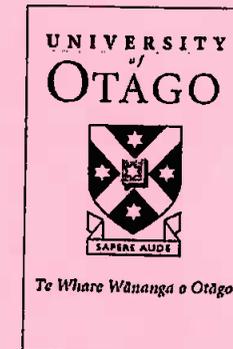
## THE UNIVERSITY OF THE THIRD AGE

# U3A

Dunedin Charitable Trust

A LEARNING OPTION FOR THE RETIRED

in association with



### TOPICAL ISSUES IN HUMAN NUTRITION

March 17 to April 28 2005

Rodgers & Associates  
Law Practice

## TOPICAL ISSUES IN HUMAN NUTRITION

1st choice \_\_\_ 2nd choice \_\_\_ 3rd choice \_\_\_

Please tick appropriate spaces.

First Name for Name Tag: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone Number: \_\_\_\_\_

Payment

Course Fee: \$40

Cheques payable to Rodgers and Associates

*Please complete and return to:*

U3A

Rodgers and Associates

151-155 Princes Street

PO Box 6200

Dunedin

on or before noon

**Wednesday February 9 2005**

## TOPICAL ISSUES IN HUMAN NUTRITION

### The Programme

Daily, the media bombard us with information on what we eat and why. Some of this information is confusing. Can we believe what we read in the popular press?

Speaking on topics related to their own research interests, members of the Department of Human Nutrition will clarify a number of current issues. Topics range from dietary deficiency or imbalance in New Zealand, the food-related health issues of diabetes and childhood obesity, to food for the fittest sportspeople, and the intriguing question of food security. (If you want to know what this is -- come to the course!)

Course participants are encouraged to bring their own concerns and questions. Ample time will be available for discussion.

U3A thanks Winsome Parnell, Department of Human Nutrition, for her assistance in organising this course.

## TOPICAL ISSUES IN HUMAN NUTRITION

### LECTURE PROGRAMME FOR 2005

**Thursdays 10.00 am - noon**

**Venue: Lecture Room, Salmond Hall**

March 17 **Stemming the Tide of the Diabetes Epidemic**  
Speaker: Prof. Jim Mann

March 24 **Iron -- Too Much of a Good Thing?**  
Speaker: Dr Ann-Louise Heath

March 31 **Food Security -- What Does It Mean in New Zealand?**  
Speaker: Winsome Parnell

April 7 **Childhood Obesity**  
Speaker: Dr Rachael Taylor

April 14 **Is Iodine Deficiency Re-emerging in New Zealand?**  
Speaker: Dr Sheila Skeaff

April 21 **Low Carb Diets -- the Latest Fad?**  
Speaker: Nicky Moore

April 28 **Olympics: Feeding the Fittest -- Nutrition at the 2004 Olympic Games**  
Speaker: Ien Hellemans

**RETAIN THIS PORTION -- remember your 1st choice**