



SeniorNet Mac Social on Tuesday 25th August 2026

WELCOME

Your partners, family and friends are all welcome to attend this event. It will be held in **THE TAPROOM** at the **RICHMOND CLUB**, 75 London Street, Richmond 8013.

Doors are open at 11am, please **arrive by 11.45am for lunch** and **the food is served around 12 noon**.

BOOKING and MENU CHOICES.

If you wish to join us for lunch **booking is essential**. The system for choosing which meal you would prefer for your lunch is to make your choice(s) **from the Tap Room Menu** which can be viewed - **just CLICK HERE and scroll down to find the menus**.

(Note: You have the option of small or standard roast and small or standard fish & chips)

Once you have made your choice(s), write the name of it (them) from the menu, and then go back to the email and click **reply** - giving **each person's name and their particular menu choice(s)**. Please have your order in by **2pm on Friday 21st August**.

SPEAKERS

Then, at **1.00pm** we will have **two Speakers** this month (no booking required for this). The Speakers will be **Michael Woods**, Naturopath at **The Herb Centre, Christchurch**, and **Julia Neville** qualified Naturopath and Medical Herbalist who works alongside him.

Topic: Herbal Medicine / Remedies



Michael has worked in the natural health industry for more than 20 years and is one of Christchurch's most experienced naturopaths. His approach combines herbal and nutritional medicine with dietary and lifestyle support, focusing on understanding the underlying causes of ill health rather than symptoms alone.

A strong part of Michael's work is educating and empowering people to better understand their health and make positive, sustainable changes.

Julia has a particular passion for herbal medicine and enjoys helping people understand how herbs, nutrition and everyday lifestyle choices can support their health. Her approach is warm, practical and person-centred, with a focus on making natural health information feel accessible and achievable.



P.S. Bring along your questions.

Come & join us, we look forward to seeing you there!