# Notice of the 2026 Annual General Meeting

**The Australasian Metabolic Health Society Ltd** · ABN 73 669 040 233

Notice is given that the 2026 Annual General Meeting of The Australasian Metabolic Health Society Ltd (the Society) will be held as follows.

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| Date | Monday 16 November 2026 |
| Time | 6.30pm AEDT (Sydney time) |
| Online | By Zoom video link: https://us06web.zoom.us/j/89852700114?pwd=yKPVl3LsCydSkDSZXkyfaG5zDYZ3a1.1 · Meeting ID 898 5270 0114 · Passcode 073567 |

The meeting will be held online only, by Zoom. Members joining online can hear the proceedings, speak and vote.

Local start times: 3.30pm AWST (Perth) · 5.00pm ACST (Darwin) · 5.30pm AEST (Brisbane) · 6.00pm ACDT (Adelaide) · 6.30pm AEDT (Sydney, Melbourne, Canberra, Hobart) · 8.30pm NZDT (Auckland).

## Business of the meeting

### 1. Financial report

To receive and consider the Society's financial report for the year ended 30 June 2026. The report is tabled for information and questions. There is no vote on it.

### 2. Election of directors

Every director retires at this meeting. Two are retiring in the ordinary rotation the Constitution sets each year. The rest are standing again so that every director on the Board has been elected by members, putting past appointments on a clear footing. Dr Laureen Lawlor-Smith and Ederlita (Eder) Guerra are not standing again.

There are 10 candidates for a maximum of 10 places on the Board. Each candidate is elected by a separate ordinary resolution, decided by a majority of the votes cast. You may vote differently on each candidate.

To consider and, if thought fit, pass each of the following as an ordinary resolution:

| Resolution | Resolution text | Standing as |
|---|---|---|
| 1 | That Karen Dwyer be elected as a director | Continuing director |
| 2 | That Deepa Mahananda be elected as a director | Continuing director |
| 3 | That Alexander McDonald be elected as a director | Continuing director |
| 4 | That Alex Petrushevski be elected as a director | Continuing director |
| 5 | That Caryn Zinn be elected as a director | Continuing director |
| 6 | That Emma Gray be elected as a director | Continuing director |
| 7 | That Simon Woods be elected as a director | New candidate |
| 8 | That Leslie Chung be elected as a director | New candidate |
| 9 | That Jane MacDonald be elected as a director | New candidate |
| 10 | That Anna Blackie be elected as a director | New candidate |

The Board recommends all ten candidates. A profile of each candidate, including the interests they declare, is enclosed with this notice. The new Board takes office at the close of the meeting and appoints its own office holders, including the Treasurer, at its first meeting.

### 3. General business

To deal with any other business that may properly be brought before the meeting. No special resolution is proposed.

## Who can attend and vote

You can vote if you are a member of the Society on the register of members at **5.00pm AEDT on Friday 6 November 2026**. The Board fixed this record date by resolution in September 2026.

- **One vote each.** Every member has one vote, whatever their membership plan.
- **Courses do not confer membership.** Buying a course, or registering on the website without taking up a membership, does not make someone a member.
- **Quorum.** The meeting can proceed once two members are present.
- **How votes are taken.** The Chair intends to call a poll on every resolution, so that votes lodged on voting forms are counted alongside votes cast at the meeting. A resolution passes on a majority of the votes cast. Abstentions are not counted, and a tied vote is

lost.

Directors and the auditor may also attend and speak.

## If you cannot attend: the voting form

If you cannot join the meeting, you can still vote using the enclosed voting form. The form appoints the Chair of the meeting as your proxy to vote exactly as you mark it, For, Against or Abstain, on each resolution.

1. Complete the form, marking one box for each resolution, and sign and date it. A typed name is accepted as a signature.
2. Email it to **ausmetabolichealthsoc@gmail.com**.
3. It must arrive by **6.30pm AEDT on Saturday 14 November 2026**, 48 hours before the meeting (rule 10.9(j)). Forms arriving after that cannot be counted.

The email address above is the place specified for receiving voting forms for this meeting. If you lodge a form and then attend the meeting yourself, you vote at the meeting and your form is set aside.

## Joining the meeting

- Join with the Zoom link above from 6.15pm AEDT, so we can start on time. Please join under the name on your membership, so the Secretary can check you against the register.
- To vote on the night you will use Zoom's yes and no buttons or raise your hand; the Chair will explain at the start.
- Questions about the financial report or the business of the meeting are welcome in advance at ausmetabolichealthsoc@gmail.com by Friday 13 November 2026, as well as on the night.

## Enclosed

1. Explanatory notes on the election
2. Voting form, with how to vote and the candidate profiles
3. Joining instructions
4. Financial report for the year ended 30 June 2026

By order of the Board

Emma Gray Company Secretary The Australasian Metabolic Health Society Ltd 22 October 2026