



# Health & Wellbeing Evening

**Claregalway Hotel, Claregalway Village,  
Galway**

Thursday 7th May 2009

Doors open at 7.30pm

Presentations start at 8pm sharp

Admission free, proceeds of raffle in aid of Croí

Gift bag for all

## Guest Speakers include:

- **Paula Mee, Nutritionist**  
The Nutrient-Richness of Dairy – New Research Updates
- **Michele O'Brien, National Health Promotion Officer, Irish Osteoporosis Society**  
Osteoporosis Prevention for All Age Groups
- **Silvana Landa, Area Manager, Biotherm Ireland**  
Biotherm Skin Consultation and Demonstration on Assisting Skin to Work from the Inside Out

For further information, please contact  
Think PR 086 196 6858 or The National Dairy Council (01) 616 9726