



Health & Wellbeing Evening

The Mount Errigal Hotel,
Letterkenny,
Co. Donegal

Thursday 25th March • Doors open 7.30pm • Presentations start 8pm
Admission free • Proceeds of raffle to Donegal Action for Cancer Care

PAULA MEE
Nutritionist

The Nutrient-Richness of Dairy -
New Research Updates

FIONA HOBAN
*Counsellor &
Communications
Training Consultant*

Healthy Body, Healthy Mind -
Healthy Mind, Healthy Body

**CARMEL SHEERIN
& SYLVIA SYLVIA**
*Mount Errigal Hotel
Beauty Salon*

Facial and Make-Up
Demonstration

Refreshments on arrival

FREE Gift Bag for all who attend

For further information, please contact:

Donegal Creameries
(074) 914 9127

or

The National Dairy Council
(01) 616 9726 • www.ndc.ie