



# Health & Wellbeing Evening

**Ferrycarrig Hotel, Wexford**

## **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

**Abbey Taylor,**  
*Senior Beauty Therapist & Advisor, Sam MacCauleys*  
Make-up Demonstration

**Thursday 14th May 2009**

**Doors open at 7.30pm**

**Presentations start at 8pm sharp**

**Admission €5**

**Entry fee and proceeds of raffle in aid of**

**Wexford Branch of Hospice Home Care**

Tickets available from Wexford Creamery (053) 914 2088 or  
Wexford Branch of Hospice Home Care (053) 915 9274

Tickets also available at the door  
[www.wexfordcreamery.com](http://www.wexfordcreamery.com)

**FREE  
Gift Bag**  
for all who  
attend