



**IRISH DAIRY**  
*The* **COMPLETE**  
**NATURAL**

# HEALTH & WELLBEING EVENING

The Munster Arms Hotel, Bandon, Friday 12th October 2018

## FEATURING

**Paula Mee**  
**INDEPENDENT**  
**DIETITIAN**

"Food Uncovered:  
Common Myths  
Explored"



**Shane Martin**  
**PSYCHOLOGIST**

"5 tips to help you  
embrace a better  
quality of life"



**Derval O'Rourke**  
**OLYMPIC IRISH**  
**ATHLETE**  
**& COOKBOOK**  
**AUTHOR**

Cookery Demonstration



**Patricia Messinger**  
**PRESENTER OF**  
**CORK TODAY ON C103**

MC



Doors open 7.00pm; 7.30pm start (sharp)

**TICKETS €10**

Ticket and raffle proceeds to **WEST CORK RAPID RESPONSE**

**FREE GIFT BAG - LIGHT REFRESHMENTS - RAFFLE**

FOR TICKETS:

Kate Crowley  
086 454 0981

Betty Hennessey  
087 241 4787

BOOK EARLY TO AVOID DISAPPOINTMENT!