



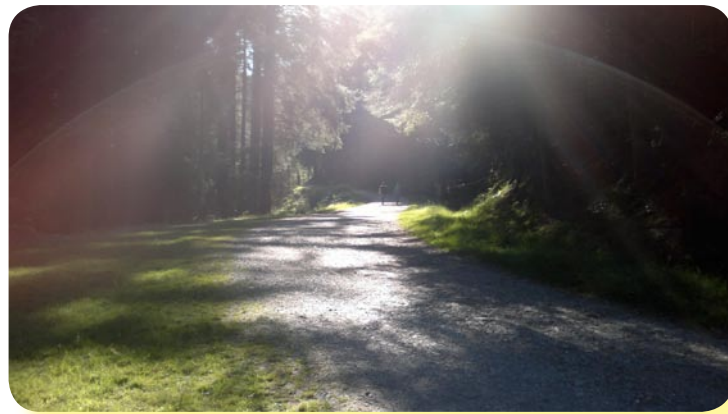
## **Alive – the Irish Living Foods Association**

ALIVE Invites you to a talk with

**SPECIAL GUEST**

**Dermot Kirby**

**‘How Mindfulness in Movement can help to  
relieve BACK ACHE’**



**Saturday 23rd February ‘19 at 3 pm**

**followed by a Short Living Food Demonstration  
and a Living Food Buffet**

**Cost €20**

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email: [gabriellekirby@gmail.com](mailto:gabriellekirby@gmail.com)**

**[www.irishlivingfoods.com](http://www.irishlivingfoods.com) [www.healthyhabs.com](http://www.healthyhabs.com)**