

**EVENTS AT HEALTHY HABITS CAFE IN FEBRUARY**

**Alive – the Irish Living Food Association**

Invites you to a Talk  
on

**“From Frogs into Princes”**

**A brief introduction to the mysteries and magic of NLP (Neuro-Linguistic Programming)**

**by Michael Keegan**

Followed by a Living Food Buffet

**On Saturday 11<sup>th</sup> February 2012**

**At 4pm**

Raw/Living Food Dish or Vegan Dish welcome

Tel:0404 68645 – Gabrielle Email:[gabrielle@eircom.net](mailto:gabrielle@eircom.net)

donation of €10 requested to cover expenses [www.irishlivingfoods.com](http://www.irishlivingfoods.com)

**Veronica's Living Food Class**

**4<sup>th</sup> February 10am– 4.30pm €90 includes lunch**

**New recipes – some hands on experience**

**St. Valentine's Day Raw Gourmet Dinner**

**Friends, Couples, Loved Ones, Family - ALL  
welcome!**

**14th February 2012**

**7 pm**

**€30 each**

**May bring YOUR OWN WINE!**

**Limited Places - Book Now!**

**HEALTHY HABITS CAFÉ,**

**SOL,**

**QUARANTINE HILL, WICKLOW TOWN**

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