



Alive – the Irish Living Food Association

Invites you to a Talk on

‘Come Home to your Body –
How your Body’s Cells, Organs and
Systems Work’

with

Mary Berkery

including
a short food demo by Veronica O’Reilly
plus
Living Food Buffet

VENUE
Healthy Habits Café
SOL,
Quarantine Hill,
Wicklow Town

On Saturday 24th September 2011
At 4pm

Raw/Living Food Dish or Vegan Dish welcome

Tel:0404 68645 – Gabrielle

Email:gabrielle@eircom.net

A small donation of €10 requested to cover expenses

www.irishlivingfoods.com

www.healthyhabs.com