



Alive – the Irish Living Foods Association

Invites you to a **SPECIAL EVENT**

‘FIT FOR LIFE’

by Caroline Rice



Caroline, a contestant from Ireland’s Fittest Families will explore how to reach and maintain fitness in modern life.

Saturday 21st JULY 2018 at 3 pm

followed by a Short Living Food Demonstration

plus a Living Food Buffet

Cost €15

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email us to add your name to our mailing list for future events