



Alive – the Irish Living Foods Association

Invites you to a **SPECIAL EVENT**

**‘Resilience, Relaxation and Peace in your
Changing Life’**



with Mary Berkery

Mary works with people and groups who are in Life Transitions,
or who wish to create Life Changes.

Saturday 9th JUNE 2018 at 3 pm

and a Short Food Demonstration

by

Gourmet Living Food Chef Veronica O’Reilly

plus a Living Food Buffet

Cost €15

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www.irishlivingfoods.com www.healthyhabs.com