

# Fuel Good For Your Weight

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Would you like to learn about  
Healthy Eating and Weight  
Management ?



Denise & Christina are the St.  
Michael's House Dieticians.

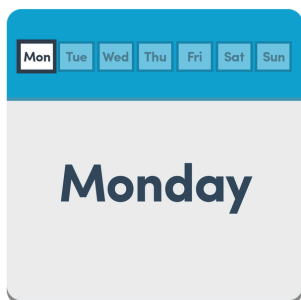


They would like to invite you  
to try a 4-week healthy eating  
workshop.

# Fuel Good For Your Weight.



The workshops will take place online via zoom.



It will take place every Monday for 4-weeks.



It will start on 20th January.

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The workshop will begin at **12pm** each week.



To register send your name and unit to:  
**activityhub@smh.ie**