

Fuel Good For Your Weight.



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



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

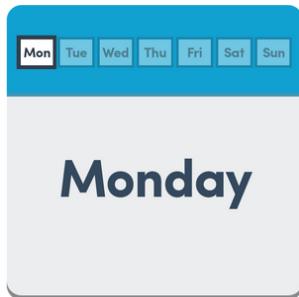


They would like to invite you to try a 4-week healthy eating workshop.

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 19th January.

Fuel Good For Your Weight.



The workshop will begin at **11am** each week.



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