

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.

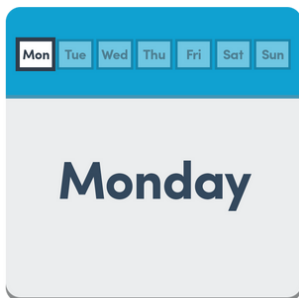


They would like to invite you
to try a 4-week healthy eating
workshop.

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