



Alive – the Irish Living Foods Association

Invites you to a **SPECIAL EVENT**

**‘Explore Happiness Skills for Work,
Relationships, and Life’**

with Michaela Avlund MSc Applied Positive Psychology



Michaela is an author and educator in the field of Happiness Skills based on Positive Psychology.

www.happinessskills.ie



**Saturday 20TH October
2018 at 3 pm**

followed by a Short Living Food Demonstration

plus a Living Food Buffet

Cost €15

Tel: 0404 68645 086 3960972– Gabrielle

email: gabriellekirby@gmail.com

www.irishlivingfoods.com www.healthyhabs.com

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