



Alive – the Irish Living Foods Association

Invites you to a **SPECIAL EVENT**

‘How To Get A Good Night’s Sleep’

How to sleep better in a 21st century stress-epidemic world

with Johann Callaghan

Author | Speaker | Online Trainer



- **Get tools and techniques to help you de-stress and sleep better.**
- **Top tips to help you sleep better and live a healthier and happier life.**

www.EmpoweringSleepSuccess.com

Saturday 17th November 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