



Alive – the Irish Living Foods Association
Invites you to a SPECIAL EVENT

'Herbs and Naturopathy for Thyroid Health'

with
Vilma Matuleviciute
MSc, DIP Herb., ND, BCST, MIRH



VENUE: Healthy Habits Studio
SOL Building, Quarantine Hill, Wicklow Town

Saturday 30th March at 3pm

**Programme followed by a Short Food Demonstration by
Veronica O'Reilly and a Living Food Buffet**

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Email: gabriellekirby@gmail.com

COST: €20

www.healthyhabs.com

www.irishlivingfoods.com