

Quick & Easy Meals

A Bord Bia Cookery Demonstration
in association with



Mayo Action
on Heart Disease
& Stroke

An initiative of the
**Mayo Healthy
Living Month**
MAY 2012

Tickets
available at
the door on
the night

with Máire Dufficy, Bord Bia Food Adviser as seen on TV3
& Claire Kerins, Croí Cardiac Dietitian

Wednesday 16th May 2012 at 7.30pm
Welcome Inn Hotel, Castlebar
Cost: €10 per person

To guarantee your place, make sure to purchase your tickets in advance from the following outlets:

Welcome Inn Hotel, Castlebar

Aramark Hospital Shop

Main Foyer, Mayo General Hospital

Call Alma O'Connell on 091 893506

Book online at www.croi.ie/cookingdemo

Kindly Supported by:



This is a health promotion initiative by Croí, the
Local Heart & Stroke Charity and Mayo PCCC,
HSE West as part of the 'Mayo Action on
Heart Disease & Stroke' programme.

