



**PREVENTION** Plus

Health Education  
**Seminar**

**“HEALTH is WEALTH  
We CAN Make A Difference”**

Radisson SAS Hotel & Spa, Galway

January 25<sup>th</sup> @ 8:30pm

**Admission FREE**

**We Are What We Eat**

**Whole food nutrition is the key to health & fitness**

**Fruits and Vegetables are essential for  
Good Health and Preventing Disease.**

**Juice Plus is a Convenient, Affordable way to get the  
Nutrition of 17 Fruits and Vegetables every day**

**Guest Speaker :- Damian Brennan, BA, H.Dip, N.T.  
Nutrition Adviser**

*Further Details if required from:  
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