



Healthy Ireland at your Library

The **Healthy Ireland at Your Library** service
is available in all local libraries across the country



Family Food for Life

Do you live with a fussy eater? Or a teenager with an insatiable appetite?
Or perhaps want to know if you're eating all the correct foods for your stage of life?
Join Aoife Hanna RD, for an engaging evening of nutrition education, where you'll
learn how to how to navigate the food pyramid with an overview of healthy eating
for children, teenagers, adults and older adults.

Thursday 22 February at 6.30pm

Drumcondra Library



Booking Required T. 01 837 7206 E. drumcondralibrary@dublincity.ie



Healthy Ireland
at your Library



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



**For further information and to provide feedback,
go to www.librariesireland.ie**