

Healthy Hearts Programme



Venue:

MDI Head Offices,
75 Lucan Road,
Chapelizod, Dublin

Time:

2.00pm to 4.30pm.

Continuing on from our recent Healthy Food Made Easy Course, we at MDI will be holding a follow up Healthy Hearts Programme in January 2013. The course will run for three weeks and is aimed primarily at participants who have already completed the Healthy Food Made Easy Course, although if any other members are interested in attending they are welcome.

This three week course will take place in the MDI Head Offices at 75 Lucan Road, Chapelizod, Dublin 20 and will commence on Tuesday 15th January 2013 from 2.00pm to 4.00pm.

Course content:

Session 1: Nutrition, and looking at Cholesterol – 15th January

Session 2: Stress Management – 22nd January

Session 3: Physical Wellbeing – 29th January

For further information contact Barry at
(01) 6236414 or email barry@mdi.ie



Q Mark for Accessibility

