

CLASSES

TRANSFORM YOUR DIET, YOUR HEALTH, YOUR LIFE

TAKE CHARGE OF YOUR LIFE AT EVERY LEVEL – YOUR WEIGHT, FITNESS,
PHYSICAL HEALTH, MENTAL ALERTNESS AND EMOTIONAL BALANCE.

THROUGHOUT THIS YEAR WE WILL BE HOLDING OUR

“EAT WELL BE WELL”

COOKERY AND NUTRITION COURSE.

IF YOU ARE INTERESTED PLEASE LEAVE YOUR NAME ON THE
LIST AT THE COUNTER OR SEE TRIONA OR CIARAN.

COME MORE ALIVE!

EVENING SOIREEs

ARE YOU LOOKING FOR AN INTIMATE VENUE FOR
YOUR STAFF PARTY?

WE ARE NOW TAKING BOOKINGS.

WE HAVE CATERED FOR MANY OF THE DEPARTMENTS HERE
IN THE UNIVERSITY AS WELL AS MANY OFF CAMPUS CLIENTS,
CREATING SPECIALISED MENUS EVERYTIME. IF YOU WOULD

LIKE FURTHER INFORMATION ON THESE PLEASE DON'T
HESITATE TO ASK. OUR EXTENSIVE MENUS COULD INCLUDE
FRESH FISH IF REQUESTED.

SO IF YOU WOULD BE INTERESTED PLEASE DON'T
HESITATE TO CONTACT

CIARAN

AT 061 33 87 87

OR

EMAIL US AT

info@ciaran.ie