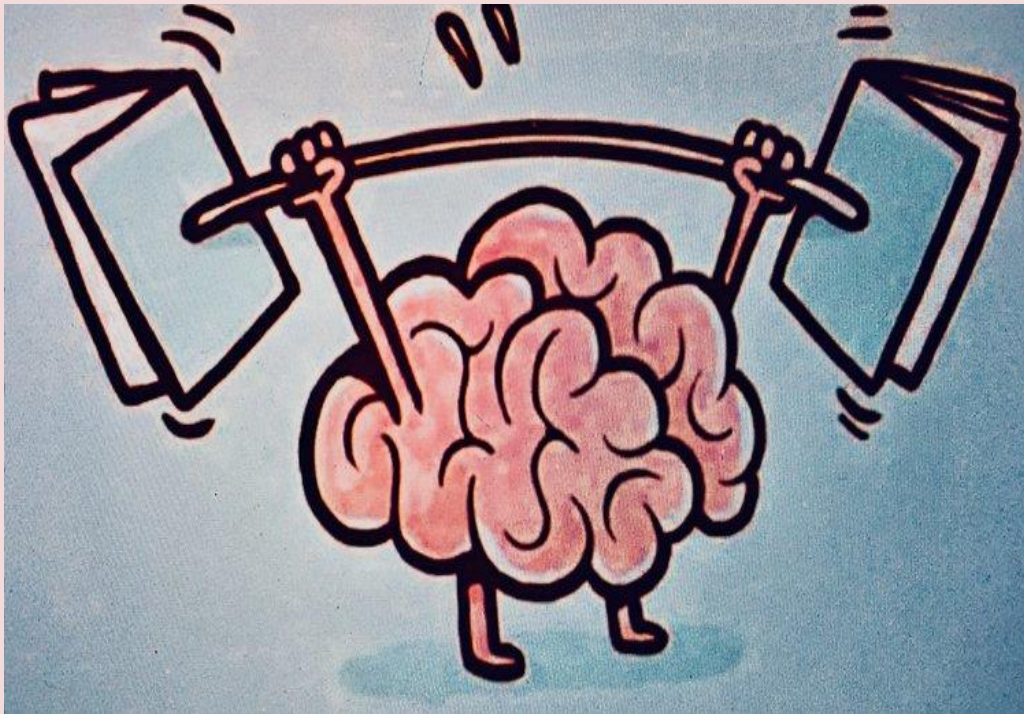


FUEL YOUR BRAIN

Diet and Mindset Tips for Exam Students



By *Majella O'Neill*, Registered *Nutritional
Therapist*

RIVERSIDE STUDIO North St., Skibbereen, Wednesday April 4th at
8.15pm

Fuel Your Future and Improve.....

- Memory
- Mental Stamina
- Sleep
- Concentration
- Stress Control
- Self-Belief

- **Handouts Provided which will include Recipes for Snacks, Energy Bars etc. Price: Adult €10, Student €6 (Parent and Student €12) Book by texting 086 1966988**