



# Fiona's Food for Life

## Recipe Demonstrations and Tips for Healthy Eating

**How to Take Part:**

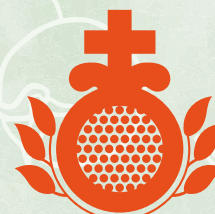
**Online demonstration at 11am, 13th October**

**Use this link: <https://sjogliffeyservices.ie/wmhwevents2022/>**



**scan me**

**As part of World Mental Health and Wellbeing Week 2022**



Saint John of God  
Community Services clg.  
Liffey Services

