



RTÉ 'Health Squad' Nutritionist for Stanley-sponsored cancer fundraiser

RTÉ's 'Health Squad' nutritionist Paula Mee is to be guest speaker at a seminar hosted by Waterford Stanley on February 7th in Dooleys Hotel, with all proceeds in aid of The South East Cancer Foundation.

Paula runs her own nutrition consulting company since 2004 and offers organisations and industry an extensive range of services in nutrition.

Currently on the board of Consumer Foods in Bord Bia, Paula was one of the presenters of RTÉ's 'Health Squad' which ran from 2002 to '06. She makes regular appearances on TV and radio programmes advising on nutrition and health issues.

Eileen Slattery of Waterford Stanley said the company is delighted to be hosting the seminar and finds Paula's practical, no-nonsense approach to healthy eating very refreshing.

"We are thrilled to be hosting this event in particular because all proceeds are going to the South East Cancer Foundation. Stanley is a brand which has a strong culinary history and sponsoring this event seems like a perfect fit. I'm sure that there will be huge demand for tickets for Paula's talk next month, and we're all looking forward to hearing her advice", Eileen says.

In her presentation, Paula will be answering the simple question, what's good to eat, and how can we make the best choices for ourselves and our families? From super foods to organics, she will cut through some of the confusion and help people to make informed decisions about how to buy, prepare, cook and enjoy food.

Tickets for the event at Dooley's Hotel on Thursday 7th February are €10 and are available from Dooley's Hotel (051-873531) or Ardkeen Quality Food store 051-874620.

[- Jamie O'Keeffe]

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