



1st September

Dear Parents

My name is Hilary Dowling and I am a practicing Nutrition and Health Coach.

As a result of our ongoing battle with obesity and lack of education regarding nutrition, I have created healthy eating workshops designed for our busy lifestyles.

Childhood Obesity –

- 1 in 4 children in Ireland are overweight or obese
- Obese children are likely to become obese adults
- 1/5 of the energy intake from a child's diet comes from sugary drinks, biscuits, confectionary, chocolate and cake.

Diabetes -

Rates of diabetes in Ireland have grown by up to 70 per cent since 1980's.

My workshop takes approximately 1 hour and promotes healthy eating habits, nutrition awareness and provides guidance to the right food choices, all done in an easy and clear way that you can understand.

Within the workshop we look at what we eat every day and examine better alternatives to some of the foods. You may know that I have been presenting my workshops in schools and they have been well received but I feel its parents that also need guidance as there is so much false advertising to products we are consuming on a daily basis.

On behalf of the parents association I am inviting you to a workshop in Rathmore National School on Tuesday 19th September at 7pm and to also answer any questions you may have regarding food and nutrition?

Look forward to seeing you then.

Hilary.