

NEW YEAR NEW YOU!

THE HIDE, ST DONATS

11 MARCH 2020

Join the Wales Lady
Taverners for our
nutritional event!

This event takes place
at a beautiful venue
overlooking the sea at St
Donats, nr Llantwit Major
in the Vale of Glamorgan.

Enjoy a healthy 2 course
lunch with talks from
Naturopathic Nutritional
Therapist Tricia Lowe - on
a theme of Eat Yourself
Young & Sue Stratton on
the benefits of Aloe Vera.

TO BOOK:

Alex: 0756 3552 168

Jane: 0780 9050 635

LadyTavernersWAL@ladytaverners.org



PRICE:

£35 per person

TIMINGS:

12:00pm - Start

7.30pm - dinner

11.30pm - carriages



LADY TAVERNERS

Giving young people a sporting chance