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



LADY TAVERNERS Giving young people a sporting chance



PRICE:

£35 per person **TIMINGS:** 12:00pm - Start 7.30pm - dinner 11.30pm - carriages

All funds raised will go towards the Lord's Taverners. For full terms and conditions, please see the website. Registered Charity No.: 306054 OSCR No.: SCO46238 (FR)