



Nutri-Balance

Calling all Parish Walkers! Whether you're a novice or aiming for the finish with the big day rapidly approaching it's important to be as prepared as possible. Going on recent weather conditions it's looking as though it's going to be a hot one and with this in mind Kathryn Sentance, a Sports Nutritionist working on the Island, will be giving talks advising what to eat and drink on the day.

Thursday 17th May, 6.15pm at The Gym, Mooragh Promenade, Ramsey

Friday 18th May, 6.30pm at St Catherine's Church Hall in Port Erin

Monday 21st May, 7.30pm at Carrefour Health Club (next to M & S), Douglas.

Price: £3 per person. To book a place contact Kathryn on 464271 or kathryn@nutri-balance.net

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