

2016 - NUTRICIA METABOLICS PRESENTS:

 **NUTRICIA**
Metabolics
Inspiring Futures



IRELAND'S FIRST ADULTS ONLY LOW PROTEIN WEEKEND

Saturday 8th - Sunday 9th October

Dunboyne Castle Hotel & Spa, Co. Meath

To register please email: events.ireland@nutricia.ie

Low Protein Adult Event 2016 - Programme of Events

Saturday

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- 09.00–09.30 **Arrival, Registration and tea / coffee**
- 09.30–10.00 **Introductions**
- 10.00–11.00 **Product Development**
Learn about how synthetic protein is made in a fun interactive workshop
- 11.00–11.30 **Tea / coffee break**
- 11.30–12.00 **Personal Experiences**
People on a low protein diet will share their experiences
- 12.00–12.40 **Guest Speaker – Medical Update**
- 12.40–13.00 **Ask the panel - Dietitian /Nurse / Consultant**
- 13.00–14.00 **Lunch**
- 14.00–15.00 **Workshop**
Select 1 from the choice of educational workshops:
-  **Pregnancy - Considering Pregnancy on a Low Protein Diet**
-  **Nutrition and Healthy Eating on a Low Protein Diet**
-  **Sports and Exercise on a Low Protein Diet**
-  **Getting Myself Back on Diet / Staying on Diet**
- 15.00–17.00 **Interactive Cookery Demo with Chef Mona –
A Focus on Healthy Eating**
Followed by Ask the Chef Q&As
- 17.00–19.30 **Relaxation**
Guests are welcome to use the hotel facilities, or unwind with a mini spa treatment before an entertaining evening*
- 19.30 **Dinner & Evening Entertainment**

Sunday

09.30–10.30	Breakfast
11.00–12.00	Mind, Body & Soul <i>Select 1 from:</i>
A	Yoga Class
B	Body Boot Camp
12.00	Close



Event Rates

Day Delegate - Saturday

Adults (18+)	€20* <i>This event is open to adults on a low protein diet in Republic of Ireland and Northern Ireland. Partners and friends are welcome to attend also.</i>
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**These rates include conference fees, lunch, refreshment breaks, buffet dinner and entertainment*

Overnight Rates

Adults (18+)	Double Room €100* (€50 per person) <i>1 night B&B, includes 1 lunch, 2 breaks and 1 dinner.</i>
Adults (18+)	Single Room €70* <i>1 night B&B, includes 1 lunch, 2 breaks and 1 dinner.</i>

For more information, please call the Event Freephone on **1800 300 414 (ROI)** or **0808 234 5249 (NI)** or email **events.ireland@nutricia.com**.

***Please note:** Spa treatments are not included in the cost but can be booked directly through the hotel. The event timetable is subject to change.

GETTING THERE...

Dunboyne Castle Spa and Hotel

 **Location:** Maynooth Rd,
Dunboyne, Co. Meath

- Dunboyne is 18km from Dublin City Centre and 21km from Dublin airport.
- There will be free parking at the event.
- Dunboyne is accessible by the number 70 Dublin Bus route.
- Dunboyne is also accessible by train, and has a stop in the town centre.

FOR FURTHER
INFORMATION...

For further information, call the Metabolic Freephone on 1800 300 414 (ROI), 0808 234 5249 (NI) or email events.ireland@nutricia.com

Nutricia Medical, Block 1, Deansgrange Business Park,
Deansgrange, Co. Dublin.

