

PRESS RELEASE



Really exciting line up for this year's HealthFest 2017

RDS Dublin 26th April 2017



10th April 2017: Over 4,000 secondary students and teachers from all over the country attended last year's HealthFest event in Citywest. Organised by the National Dairy Council and *safe*food, the free event is the first of its kind for transition year students – a full day seminar designed to educate them about the importance of healthy eating and physical activity in a practical, engaging and fun environment.

This year's event promises to be an amazing day, there will be interactive sessions with the experts including leading fitness expert **Karl Henry**, **Orla Walsh**, a leading Irish independent dietitian, **Chef Adrian Martin** who will demonstrate some of his favourite recipes from a box of 20 random ingredients and special guest speaker, **Eoghan McDermott** of 2FM who will speak about the importance of looking after their mental health and wellbeing.

Transition Year provides young people with the skills to make a smooth transition between a highly-structured environment up to Junior Cert, towards the more independent self-directed learning required for the final senior Senior Cycle at school. Healthfest is designed to advise students about feeling and looking their best from the inside out, making that first impression and above all, enjoying the ups and downs in life and turning them into positive learning experiences.

Chief Executive of The National Dairy Council, Zoë Kavanagh said "We are really looking forward to welcoming so many Transition Year students and teachers to the second year of Healthfest. The demand for the event has been exceptional, demonstrating that there is an appetite amongst teachers and teens for credible information about healthy eating and physical activity when delivered in an engaging format".

For further information and to secure the free tickets please contact **Tara Regan or Kate Jennings at the NDC on 01 290 2451**

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