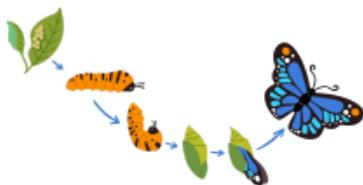


EMBRACING CHANGE

Inspiration • Health & Wellbeing

Doors open 6.30pm until 10pm

Tuesday, 24th March 2026



In Ballykealey House Hotel, Ballon R93 A9K1

Tickets €10 Includes Raffle, Refreshments & Free Recipe Book

SCHEDULE OF EVENTS

6.30pm–7.00pm

Arrival & Refreshments

Engage with neighbours and support local food initiatives



7.00pm to 7.30pm

Meet local food producers and learn more about the power of local food - for your body, your community, and the earth.

7.30pm to 8.00pm

Thrive with Lorraine



Interested in Gut to Brain health? Learn how what we eat affects our mind and overall wellbeing as we move through the many stages of our lives

LAUNCH OF THE NEW COUNTY CARLOW FOOD WASTE RECIPE BOOK

COOKERY DEMONSTRATION

with Ballykealey House Chef Wiktoria

Be inspired by simple recipes created by Carlow cooks and Chefs, from food that we usually discard. Enjoy tasters and **go home with the recipe book.**

For more information email: dsewell@carlowcoco.ie
or free transport enquiries: dpower@carlowcoco.ie

