

**2017 - NUTRICIA
METABOLICS
PRESENTS:**

NUTRICIA
Metabolics
Inspiring Futures



**IRELAND'S SECOND
ADULTS ONLY
LOW PROTEIN
WEEKEND**

Saturday 14th - Sunday 15th October
Mount Wolseley Hotel, Spa & Golf Resort,
Tullow, Co Carlow

Low Protein Adult Event 2017 - Programme

Saturday 14th October

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09.00–09.30	Registration and Refreshments on arrival
09.30–10.00	Introductions and Nutricia Services Update
10.00–11.00	Medical Update: Vitamin D and Bone Health <i>Dr Karolina Stepien - Metabolic Consultant, Mater Misericordiae University Hospital</i>
11.00–11.30	Tea/Coffee break
11.30–12.15	Personal Experiences <i>Adults on a low protein diet share their experiences</i>
12.15–13.00	Healthy Living on a Low Protein Diet <i>Una Hendroff, Clinical Specialist Dietitian, Mater Misericordiae University Hospital</i>
13.00–14.00	Lunch
14.00–17.30	Relaxation time <i>Guests are welcome to use the hotel facilities, including swim, spa*, golf*, walk, gym or just relax</i>
17.30–20.00	Come dine with me <i>Low protein cook along facilitated by Chef Mona</i>
20.00	Evening Entertainment

Sunday 15th October

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09.30–10.30	Breakfast
11.00–12.00	Mind, Body & Soul <i>Studio Fitness – A fun exercise class suitable for all levels of fitness</i>
12.00	Close

***Please note:** Spa treatments and golf are not included in the cost but can be booked directly through the hotel on (059)-9180100.

The event timetable is subject to change.

Event Rates

Overnight Rates

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- Double or twin room
€130* (€65 per person)
- Single room €90*

**These rates include conference fees, lunch, refreshment breaks, evening dinner and entertainment.*



How to book in two easy steps

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1

Contact Mount Wolseley Hotel on telephone **(059)-9180100** or email **reservations@mountwolseley.ie** to book your bedroom. You will need to provide a debit/credit card to confirm your booking but it won't be charged. Their cancellation policy is 48hrs

2

Email the Nutricia team on **events.ireland@nutricia.com** with name(s) and metabolic condition.

Please ensure you contact both Nutricia and the hotel to complete your booking.

That's it!

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



GETTING THERE...

Directions from Dublin:

- From Newlands Cross, at Traffic Lights continue forward onto the N7 (signposted Limerick)
- Leave the M7 at Junction 11, then join the M9 motorway (signposted Waterford)
- Leave the M9 at Junction 4 signposted Castledermot, Carlow North & Tullow , then at roundabout take the 1st exit onto the R418
- Continue down into Castledermot and take a right turn signposted for Tullow 14km
- Continue following this road for approximately 10mins (14KM) and you come into Tullow
- At the first roundabout take the 1st exit for the Town Centre
- Take a left over the bridge and an immediate right (signposted for Mount Wolseley)
- At the next T-junction take a right
- Continue following the road for approximately 1km and Mount Wolseley is on the right-hand side.

Directions from Cork:

- Follow M8 to R693 in Kilkenny.
- Leave M8 at exit 4
- Continue onto the M9 from R693, N77 and N10
- Leave the M9 at Junction 5, then at roundabout take the 1st exit onto the N80 (signposted Carlow)
- Continue following the road for approximately 2km and at the roundabout take the second exit signposted for Tullow
- Continue following this road for approximately 10mins (12km) and you come into Tullow
- At the first roundabout take the 2nd Exit for the Town Centre
- Take a left over the bridge and an immediate right (signposted for Mount Wolseley)
- At the next T-Junction take a right
- Continue following the road for approximately 1km and Mount Wolseley is on the right-hand side.

**FOR FURTHER
INFORMATION...**

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

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

