

Join us to celebrate

international women's day 2011

Tuesday 8th March
at Lews Castle College foyer
11.30am -2pm

It's your time: pamper your body and mind

Nail Bar

Treat your hands to some lunchtime pampering!

Alcohol Facts!

the Outer Hebrides ADP and CSP challenge you to test your alcohol knowledge!
Take our alcohol facts quiz for a chance to win a £30 beauty treatment voucher

Smokefree Hebrides stall and quiz

win health and beauty treatment vouchers!

Healthy Start

if you have children under the age of 4 pick up healthy start vitamins and find out more about nutrition for children

Fas Fallain

find out more about healthy eating and locally produced food. Find out what training we can offer you in horticulture, marketing and cooking skills.

Stay safe!

Information about keeping yourself safe, Young Scot ID cards & local support services

Lunch hour walk 1pm – 2pm

Make the most of your lunch hour! Join our short lunchtime guided walk around Gallows Hill led by 'Paths to Health'. Leaving from the College Reception at 1pm.

All welcome!

For more information contact:
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