

Advertorial

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New life, new you with 'Lifeslim'

- Now available in three Roscommon pharmacies

'Lifeslim,' the first Irish weight-loss programme with guaranteed results, is now available in McAnena's Pharmacy, Main Street, Ballaghaderreen, Tully's Pharmacy, Castlereagh and McGuinness' Pharmacy, Roscommon Town.

The brainchild of a family business with over sixty years experience in community pharmacy, Lifeslim was conceived in 2008 when Frank, Tom and John Holly noticed a gap in the market for an Irish weight-loss management programme.

While losing the pounds for some might be easy, maintaining the loss can be a difficult challenge. This is where Lifeslim excels. Not only does it provide an assured weight-loss formula, it also promotes healthy living with its effective weight management programme, making it the perfect solution to sustained weight loss.



Speaking of Lifeslim, founder, Frank Holly said, "The programme has been very well received with hundreds of people now well into their weight loss regime with the aid of Lifeslim. The most important thing for us is that people can get all the nutrients they need and that weight loss is more sustainable with the aid of Lifeslim. It is not a quick fix solution, rather, it is a lifestyle choice. Each of our Roscommon pharmacies have fully trained Lifeslim advisors, giving great support to patients which is a hugely important factor in the success of the programme."

Formulated with Omega 3, prebiotic fibre and all the required vitamins and minerals, Lifeslim has two easy-to-follow programmes to choose from, LifeSlim 'Complete' and 'LifeStyle'. The Lifeslim Complete Programme is tailored to those with at least 1.5 stones to lose. It is a total food replacement diet, meaning all meals are replaced with nutritionally balanced, calorie controlled meal replacements.

The Lifeslim Lifestyle Programme targets weight-loss in addition to weight management. It involves replacing either one or two meals a day, with a meal replacement while continuing to eat a regular meal at lunch or tea-time. Meal replacements are available in over nine different flavours, with more to be introduced.

For further information on how Lifeslim can help your weight-loss, log onto www.lifeslim.ie



Wheelchair access needed for public buildings – Connolly

Fine Gael's Cllr. Domnick Connolly (right) has called on Roscommon County Council to provide wheelchair access to a number of public buildings in Roscommon town.

"In particular the motor tax office is inaccessible to anyone in a wheelchair and even to those with young children in buggies. This is just one of a number of buildings in the town to which wheelchair access is not available," stated Cllr. Connolly.

"The fact that some public buildings remain inaccessible means people with disabilities experience huge difficulty in accessing the services provided in those buildings. I am now calling on Roscommon County Council to draw up plans to ensure all its public buildings are wheelchair accessible."



Marie, Patrick and Cadhla McCrann, Chris O'Gara and Patricia O'Gara pictured at the opening night of Roscommon Drama Festival. Pic: www.hursonphotography.com

Mace spray used in Athlone robbery

Gardaí at Athlone are investigating the circumstances of a robbery that occurred at a jewellery shop on Mardyke Street on Saturday last, March 6th.

At approximately 1.30 pm two males entered the shop armed with what is believed to be an incapacitant spray. During the course of the raid the spray was administered on an employee and customer, both female. They were both taken by ambulance to Portiuncula Hospital Ballinasloe. The raiders made off with an undisclosed amount of jewellery.

The first male is described as approximately 6' tall, believed to be aged in his late 20s or early 30s. He was wearing a black jacket and trousers and a dark baseball cap. The second male is described as approximately 5'8" in height with blonde hair and also aged in his late 20s or early 30s. He was also wearing dark coloured clothing.

Gardaí are appealing to anyone who was in the St. Mary's Sq., Irishtown or Mardyke St. area of Athlone between 12.30 pm and 1.30 pm on the Saturday 6th and who may have witnessed this incident or noticed any suspicious activity to contact them.

Anyone with information is asked to contact Athlone Garda Station on 090 6498550 the Garda Confidential Line 1800 666 111 or any Garda Station.

Official opening of Ballygar Credit Union

St. Brendan's (Ballygar) Credit Union Ltd. are holding their official opening on Saturday, 13th March, commencing with blessing of offices at 8.15 followed by buffet, music and late bar in the Mattie McDonagh Centre. All members are invited.

Fatal collision in Monksland

Gardaí at Athlone are investigating a fatal road traffic collision that occurred on the M6, Monksland, Athlone, at approximately 6 am on Saturday, 6th March.

A male pedestrian aged in his 70s was fatally injured when he was struck by a motor car. The eastbound carriageway of the M6 was closed while the forensic examination took place. Witnesses, or anyone with information are asked to contact Athlone Garda Station on (090) 6498550, the Garda Confidential Line 1-800-666-111 or any Garda Station.

€2.7m for Roscommon as Housing scheme to proceed

€2,757,208 is to be provided to Roscommon County Council for housing adaptation grant schemes for older people and people with a disability.

Announcing the allocations, Minister for Housing Michael

Finneran (right) said, "I am delighted, against the backdrop of the tight constraints on the public finances, to be able to announce this record level of funding for the Housing Adaptation Grant Schemes for Older People and People

with a Disability.

"These schemes are vitally important in assisting older people and people with a disability to continue living in their own homes and communities with the comfort and dignity that they deserve".



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PATRICK ST., CASTLEREA, CO. ROSCOMMON

CAR PARKING AT REAR

Uni-Sex Salon opening Friday March 12th

Open Monday – Saturday. Late opening Thursday
OAP discounts, Tuesday. Student discounts, Friday

Special opening offers: Ladies €10.00 off 1st visit;
Men & *Children €5.00 off 1st visit (*Children U-14)

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