

people living

Open day at Tattie Hoaker Health Food Store

The Tattie Hoaker Health Food Store annual open day is almost here. This Saturday, 26th June, from 11 am to 5 pm is a date for your diary!

There will be eight therapists and counsellors in-store at Tattie Hoaker, Goff Street, Roscommon, offering free advice in the privacy of a consultation room on various topics such as, massage, weight loss, nutrition, life coaching, tantra,

reflexology and more. If you have been feeling unwell, low in energy, overweight, anxious, low in self-esteem or have tired muscles then this is your opportunity to come talk to our professional therapists and counsellors to get on the road to better health.

The open day kicks off at 11 am Saturday morning where you will be greeted with a smile

and a fresh organic juice or herbal tea. Maureen, Aidan and John (Directors) would like to extend a warm welcome to all our valued customers old and new and we hope you have an enjoyable day on Saturday. A raffle will be held on the day and all proceeds go to Mayo/Roscommon Hospice.

The Tattie Hoaker now stock the award winning Trilogy skincare range, Jason range, chemi-

cal free sunscreen for adults and children, hair care, Burts bees, faith in nature and baby products. We also stock gluten-free ice cream and sorbets, other wheat and gluten free products, manuka honey a range of nutritional supplements and more. For more information on any of these products talk to Maureen on Saturday or call her on (090) 66 30492.

Therapists and consultants in attendance

Seamus Hunt - Massage and Sports Therapist

Seamus has been practicing at the Tattie Hoaker for five years now. Seamus has extensive experience working with the Roscommon Senior Football team for the last five years and various other club teams. Seamus is well known for successfully mending bad backs, sciatica shoulder and neck injuries and more. Treatments offered include sport and holistic massage, injury assessment and treatment, postural assessment and core body work programmes.

Seamus is available for individual appointments and for teams. For more information call Seamus on (086) 1930766 or pop in to the Tattie Hoaker, Goff Street on Saturday 26th.

Kathleen Kelly - Holistic Therapist

Kathleen offers the following treatments: Reflexology, Reiki and Indian head/shoulder massage. The benefits of the above treatments can help many ailments and conditions.

Reflexology improves circulation, removes toxins, strengthens immune system, improves energy, helps during pregnancy and reduces stress. Reiki is particularly beneficial to clients receiving chemotherapy. Kathleen is available at the Tattie Hoaker Wednesdays and Fridays by appointment. All treatments are at least one hour, evening appointments available. Gift vouchers available. Contact Kathleen on (086) 3614230 or (094) 96 51221.

Transform your life

Transform your life with Tantric techniques. Enhance your spiritual, physical and sexual well-being.

Tantra is an ancient meditation path, which harmonises the spiritual and physical aspects of our lives. The breath, movement and sound techniques of Tantra practice, enliven the body and expand the senses. When you bring Tantra into your life, you experience aliveness, vibrancy and ecstasy, in the simplest of everyday things.

Introductory workshops and private sessions to the ancient Ecstatic meditation path of Tantra, are facilitated by Del, an accredited Teacher with the Chandra Bindu Tantra Institute. One-to-one consultations held at the Tattie Hoaker, by appointment (086) 1908171.

Anne Quirke - System 10 Weight Loss

Anne has a proven track record in Roscommon and bordering counties of helping over 450 people reach their weight loss goals, increase energy, lower blood sugar levels, reduce cholesterol, lower blood pressure, improve fertility levels, improve and correct constipation and more.

Anne achieved System 10 Consultant of the Year Award for 2009 so if you are wondering what to do about your weight, here's your answer! Anne will support, encourage and motivate you on your journey to weight loss and better health through metabolism correction.

Available in three, six, and ten-week plans. Anne is offering €20 off all plans until July 2nd. For more information contact Anne on (086) 2412441 or pop in to meet Anne at the open day at the Tattie Hoaker this Saturday.

John Picard - Sports Massage Therapist and Reiki Master

John Picard has been in practise at the Tattie Hoaker since retiring from the Army in 2007. John is a sports massage therapist and Reiki master. He has a reputation for fixing bad backs and sciatica and his clients come from all walks of life. Whether you're a farmer with a pulled muscle in your back or an office worker with stiff shoulders, John will assess your condition and treat your injury helping you to recover as quickly as possible. Olympic athletes, international cyclists, dancers, jockeys and marathon runners are just some of the sports people who have beaten a path to John's door in their quest for improved athletic performance. John can also provide an outcall service to anyone who cannot make it to his clinic at the Tattie Hoaker. John can be contacted at (086) 8255206.

Eibhlin O'Callaghan - Naturopath and Herbalist

My name is Eibhlin O'Callaghan, a fully qualified Naturopath and Herbalist. I have been practicing for approximately six years now, live in Aclare, Co. Sligo and practice from home, and also see patients for consultations at the Tattie Hoaker in Roscommon town.

I have treated many patients for a wide variety of problems and conditions; the naturopathic approach is to look at one's lifestyle, medical/family history, medication history, diet. The treatment involves blood grouping, dietary and lifestyle suggestions, Celoid mineral therapy, herbal (Western/Chinese) formula and/or may involve referral to the appropriate medical or alternative therapy, depending on the presenting condition. For appointment call (086) 3587794 or email nature4cures@gmail.com

Thérèse Hackett - Ciúnas

Thérèse Hackett assists people achieve fulfilment and balance by helping them release the issues that block their happiness. In addition to Hypnotherapy & NLP (Neuro Linguistic Programming), Thérèse uses spirituality, business coaching and marketing where appropriate to assist people create their fulfilment. When a person is ready to change, Thérèse's technique works quickly. Even after one session there will be increased awareness, discovery and new choices.

Therapy/coaching sessions are 90 minutes and all issues discussed are strictly confidential. Thérèse works with children, teenagers and adults. For more information pop in to the open day at the Tattie Hoaker this Saturday 26th or you can contact Thérèse on (086) 8193005.

Mags Gallagher, Nutritional Therapist Dip NT MNTOI
Mags Gallagher at the Roscommon Nutrition Clinic offers a unique and holistic approach to optimal health.

In today's environment many of us find ourselves over eating, feeling stressed, unable to sleep and suffering from recurrent health problems such as migraines, Irritable Bowel Syndrome, hormonal imbalances, weight issues, depression and many more.

Mags and Ann Gannon, Nutritional Therapist at Food Body Mind will be coming together this summer to run children's cooking camps. Keep an eye on www.roscommonnutritionclinic.com for more details.

You can find further information on any of the services that Mags provides at www.roscommonnutritionclinic.com or alternatively if you prefer you can call Mags at 087 9656674 or email her at mags_gallagher@eircom.net





The Tattie Hoaker
Health Food Store

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086 1575623

Highly Commended Award Winner
2009 & 2008

Open Day

Saturday 26th June from 11am-5pm at the Tattie Hoaker Health Food Store, Goff St, Roscommon

Fun day for all! Therapists, consultants and store manager will be on site offering advice, free mini consultations, free mini treatments, raffle and more. Also on offer will be fresh organic juices and smoothies, wine tasting, herbal teas and more.

All are welcome - bring a friend!

Therapists and consultants are as follows:

- Anne Quirke - System 10 Weight Loss Expert**
- Therese Hackett - Hypnotherapy and NLP**
- Del Eagle - Bach Healing Herbs and Tantra**
- Seamus Hunt - Massage and Sports Therapist**
- Kathleen Kelly - Holistic Therapist**
- Mags Gallagher - Nutritional Therapist**
- Eibhlin O'Callaghan - Naturopath and Herbalist**
- John Picard - Reiki Master and Sports Therapist**
- Maureen Brosnan - Tattie Hoaker Manager/Director**

For more information on The Tattie Hoaker Open Day please contact Maureen 090 6630492
Tattie Hoaker Directors: Maureen Brosnan, John Brennan and Aidan Gillan