



Identical twins David & Stephen Flynn really are proof that good things come in pears. Chefs, founders of the Happy Pear Café and food business, and authors of a bestselling cookbook, David and Stephen's mission is to get people to "eat more veg". A simple philosophy, reflected in their delicious and wholesome recipes.

Ever since its humble beginnings as a vegetable shop, The Happy Pear's mission has always been to start a food revolution by motivating and inspiring people to eat healthy and live healthy. Over the years, David and Stephen's simple message of eat more veg, contagious passion, and knowledge about what to eat to become healthier and how to prepare food so that it tastes great, has led to them becoming educators and thought leaders about eating and living healthy lives.

Enniscorthy & District Chamber are delighted to bring these exciting twins to Enniscorthy on Wednesday the 22nd of November to the Riverside Park Hotel for a fun and non-preachy, health education talk with a cooking demonstration. Expect tasters and learn how best to fill up on vegetables during the tempted Christmas Season. During the event David and Stephen will share their passion for healthy, wholesome food and their journey to a happier, healthier lifestyle. They talk about the benefits and nutritional value of eating more vegetables, wholefoods and healthy alternatives even at Christmas.



COOKING DEMONSTRATION

LIVE COOKING DEMO - HEALTHY LIFESTYLE TALK - FESTIVE TASTERS



Wednesday 22nd November 2017
at 7.00pm

Riverside Park Hotel

TICKET €20pp

Get your tickets TODAY:

- Online: www.enniscorthychamber.ie/happypear
- In store: Enniscorthy & District Chamber on 053 9232006 or by emailing admin@enniscorthychamber.ie
- At the venue: Riverside Park Hotel Reception



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