

SHARON'S Secrets

with Sharon Tucker

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Back to my old self live on TV

WHILE the temperatures have certainly dropped I think this is by far the best season of all, so it's wise to ensure you do wrap up properly.

I've had a tough few weeks recovering from pneumonia and the flu and trying to get my immune system back on check but I'm getting there.

I've invested in some vitamin C supplements and some extra help from Well-woman vitamins especially designed for women that include vitamins B6, B12 and iron which contribute to normal energy release and immune system function.

These can be found in most local chemists and al-



Fabulous and warm: Autumn is my favourite time of year

ways consult your pharmacist if you are in any doubt about which capsules are right for you.

Getting a good night's sleep and eating a well-bal-

anced diet as well a drinking plenty of fluids will help with recovery and prevent from further sickness.

I ensured I wrapped up well while recently modelling on RTE's Today Show with Maura and Dáithi. I was lucky I got to wear warm winter clothing from Ross Morgan styled by well-known stylist Anne-Marie Gannon. The beautiful Sinead O'Brien and Cork stunner Lola Desmond who also were modelling kept my spirits high and I felt on top form and back to my old self.

And I also got to meet comedian Andrew Maxwell and Renee from Fair City which made my day. Andrew Maxwell will be live in Dolan's on Thursday, October 20 which is sure to be a great gig.

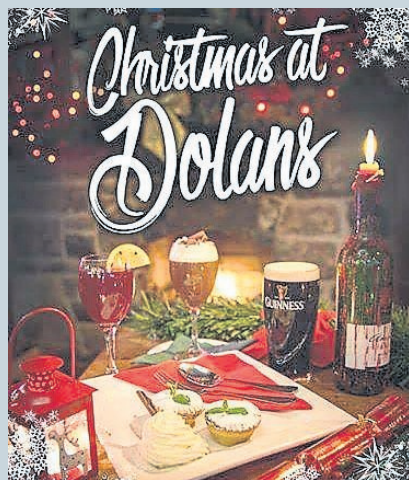


Thanks to everyone at The Today Show, I have a great day with stylist Anne-Marie Gannon, April McCabe, Stephanie McCabe, Ross Morgan and Lola Desmond

WHAT DO WE WANT?

FACEBOOK POINTER OF THE WEEK

IT'S almost time to start thinking about the staff parties for Christmas and get your event booked. Always shop around and compare prices while ensuring the event you book will cater for your party requirements and it's a plus to have sufficient parking or parking nearby. Dolan's are offering a group discount and the booker goes free. Their finger food packages start from €5 and they have DJ/bands in the main bar on select nights too. Check out their Facebook page for more details www.facebook.com/DolansPub



TWITTER TIP OF THE WEEK



DIAMONDS are certainly a girl's best friend so give your loved one the hint for the special gift under the tree this Christmas. And equally for you ladies there is nothing better that finishes a man outfit like a good quality watch worn on his wrist. With so much designer brands now to choose from it won't be hard to find something that catches your eye. Ryan's Jewellers currently have a diamond sale running in

their store in Roches Street. With 20% to 50% off diamond rings there isn't a better time to shop. Send them a tweet or check out their Twitter page

GET YOUR HANDS ON...

Wrap up in style

Animal print seems to be all the rage for autumn/winter this year from shoes, bags, scarves and coats. I spotted this leopard print winter coat in River Island for €80. The perfect statement piece for this weather and great news; they currently have up to 50% off on their sale online and instore.



LIMERICK DIARY

THURSDAY, OCTOBER 30 TO SATURDAY, OCTOBER 22 INSPIRE YOUR LIFE AT THE CRESCENT SHOPPING CENTRE THIS AUTUMN!

Inspire is Munster's leading fashion event of the year and this year will welcome three special guests, Sonya Lennon, Derval O'Rourke and Yvonne Connolly from Thursday, October 20 to Saturday, October 22 to the Crescent Shopping Centre to share their tips and advice across business wear, health & wellness and autumn/winter trends. Three inspiring ladies to inspire your life this autumn along with Limerick's very own fashion extraordinaire Celia Holman Lee and the Holman Lee Agency along with Leanne Moore chairing the Health Kicks discussion with Derval O'Rourke! This is a fashion extravaganza not to be missed in Munster this October.

SUNDAY, OCTOBER 30 LIMERICK WOMEN'S MINI MARATHON

Now in its eighteenth year the Limerick Women's Mini Marathon is firmly established as the premier women's running event in Limerick and the Mid-West. Over 3,000 women of all ages and abilities will participate in this event on Sunday of the October Bank Holiday Weekend.

This event is synonymous with charities from all over the Mid-West for fundraising. Many of the women will run, walk or jog to raise much needed funds for their respective charities.

This event attracts participants from all over the region with some marathon and athletic enthusiasts travelling from further afield. The race itself offers two distances. Participants can choose from either a 10k or a 5k route.

Both routes start and finish on the grounds of the University of Limerick. This event has become a household event as women run or walk while some push their babies in their buggies. Other family members attend on the day to support their wives, sisters, girlfriends or friends. There is still time to register www.limerickminimarathon.com