




	<p>World Mental Health Week takes place the 10th – 14th of October.</p>
	<p>St John of God's have organised different events and classes for each day this week.</p>
	<p>Tuesday is about engagement.</p> <p>Engagement means activities that you really enjoy doing, and things you are really good at doing.</p>
	<p>Christine Dunworth will be teaching a Yoga class on Tuesday.</p>
	<p>Everyone is welcome to join the class.</p> <p>You can join if it is your first time doing Yoga.</p>
	<p>The class will be on in the Coachman's in Kildare.</p>

	The class will start at
	The class will be 45 minutes long.
	You will be moving your body during the class. Wear comfortable clothes that you can stretch in.
	You can book a ticket for this class on Eventbrite. Click on the link:
	If you have any questions, you can ask Shelly Breslin. Her email is shelly.breslin@sjog.ie

Awaiting:

- Photo of Shelly (requested)
- Time of event
- Link for Eventbrite