





 	<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>Michelle Magner 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>WHERE</p>

	WHEN
	The class will be 45 minutes long.
	<p>You will be moving your body during the class.</p> <p>Wear comfortable clothes that you can stretch in.</p>
	<p>You can book a ticket for this class on Eventbrite.</p> <p>Click on the link:</p>
	<p>If you have any questions, you can ask Michelle Magner.</p> <p>Her email is michelle.magner@sjog.ie</p>

Awaiting:

- Confirmation of location
- Time of event
- Link for Eventbrite