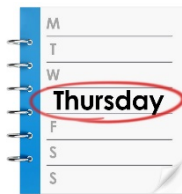




World Mental Health Week takes place the 10<sup>th</sup> – 14<sup>th</sup> of October.



St John of God's have organised different events and classes for each day this week.



Thursday is about Meaning.

Meaning is about things that are really important to you, and things that help us feel like we belong to something that is bigger than ourselves.



A cooking demonstration will take place on Thursday.



This class is called Fiona's Food for Life.



Fiona will cook one breakfast and one dinner recipe.

She will teach us healthy eating tips.



This class will take place at 11am over Zoom.



The class will be 1 hour long.



If you have any questions, you can ask Karla Duffy.

Her email is [karla.duffy@sjog.ie](mailto:karla.duffy@sjog.ie)