
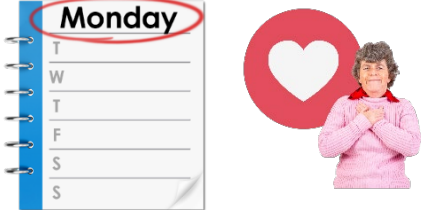



	<p>World Mental Health Week takes place the 10th – 14th of October.</p>
	<p>St John of God's have organised different events and classes for each day this week.</p>
	<p>Monday is about positive emotions.</p> <p>Positive emotions means things that make you smile, make you feel happy, and make you feel good about your life.</p>
	<p>There will be two dance classes on Monday.</p> <p>One dance class will be in Kildare. One dance class will be in Dublin.</p>
	<p>The dance class in Kildare will be on in the Coachman's at 10am.</p>
	<p>The dance class in Dublin will be on in the Small Hall in Islandbridge at 1pm.</p>



Everyone is welcome to join the class.

You can join if it is your first time doing a dance class.



You can dance to upbeat music with friends.



The class will be 45 minutes long.

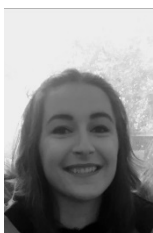


You will be moving your body during the class.

Wear comfortable clothes that you can stretch in.



You can book a ticket for this class on Eventbrite.



If you have any questions, you can ask Saoirse Roe.

Her email is saoirse.roe@sjog.ie