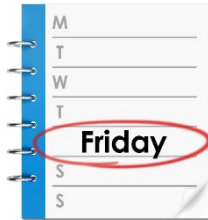




World Mental Health Week takes place the 10th – 14th of October.



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



Friday is about achievement.

Achievement is about goals you have achieved or things you have done that make you feel proud.



There will be a sports day on Friday.

You can try different sports and games, like football and bowling.



Everyone is welcome to join the sports day.

You can join if it is your first time playing a sport.



The sports day will be on in the main hall in Celbridge.



The sports day will run from 10am – 12pm.



The sports day will be 2 hours long.

You can stay as long as you want.

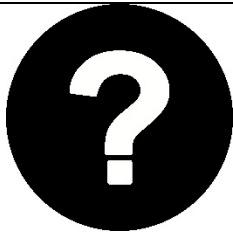


You will be moving your body playing sports.

Wear comfortable clothes that you can move easily in.



You can book a ticket for this event on Eventbrite.



If you have any questions, you can ask Shelly Breslin.

Her email is shelly.breslin@sjog.ie