




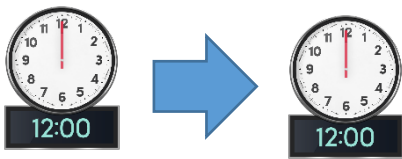
	<p>World Mental Health Week takes place the 10<sup>th</sup> – 14<sup>th</sup> of October.</p>
	<p>St John of God's have organised different events and classes for each day this week.</p>
	<p>Wednesday is about relationships.</p> <p>Relationships is about your connections with the people around you.</p>
	<p>On Wednesday, there will be a Tea Dance.</p>
	<p>You can have a cup of tea, have a dance and listen to songs from when you were young.</p>
	<p>Liz Ryan and Tom Horan from the National Concert Hall will be playing music.</p>



Sing and dance with your friends.



There will be tea and coffee at the Tea Dance.



The Tea Dance will start at 12pm and finish at 2pm.



If you have any questions, you can ask Cathy Hayes.

Her email is [cathy.hayes@sjog.ie](mailto:cathy.hayes@sjog.ie)