




	<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>Christine Dunworth 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>The class will be on in the SportsHall in Celbridge, Kildare.</p>

	<p>The class will start at</p>
	<p>The class will be 45 minutes long.</p>
	<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 Shelly Breslin.</p> <p>Her email is shelly.breslin@sjog.ie</p>