

INTERNATIONAL MENTAL HEALTH WEEK

OCTOBER 4<sup>TH</sup> - 12<sup>TH</sup> 2017

# AFTERNOON TEA DANCE FOR YOUR MENTAL HEALTH



**FOR THE OVER 55'S**

*"There's a bit of insanity in dancing that does everyone a great deal of good" - Edwin Denby*

**Music by Dan The Man**

**ST. PATRICK'S PARISH CENTRE, LOUGHBOY**  
**MONDAY, OCTOBER 9<sup>TH</sup> | 2PM - 4PM**

**FREE** but please book your place by calling Trish 087 7565376 or emailing [imhw2017@gmail.com](mailto:imhw2017@gmail.com)

*Lifeline*

Linking together for suicide prevention in Co. Kilkenny



Connecting for Life  
Kilkenny