

Calendar of Events to Celebrate World Mental Health Week 2021

Date	Time	Event	Location	How to book your place
1st Oct	11.30am	James Byrne – on Morning Mix with Alan Corcoran to discuss our Wellness initiative for October -Stay Active	South East Radio	NA
1 st Oct	1.30pm	Walk and Tone Programme in Connection with Sports Active Wexford. 4-week programme	Min Ryan Park, Wexford	Email: Sports.active@wexfordcoco.ie
4 th Oct	10.30am to 11.30am	Outdoor Yoga with Vivian Brodie Hayes Bring yourself and a Yoga Mat. Booking essential Note if weather is unfavourable, this class will be via zoom.	Peace Park, Enniscorthy	Email: Wmhareception@gmail.com/ Tel: 053 9140610 (Monday to Friday 9.30am to 2.30pm)
4 th Oct	6.30pm	Get your Outdoor October off to a flying start! Join Aislinn and Annette each Monday evening for the month of October for a walk around Enniscorthy	Meet at Cotton Tree Enniscorthy	NA
5 th Oct	11.00am to 12.00pm	Walk and Talk Open to everybody who would like to go for a walk on the Quay and Meet at Wexford Mental Health Association Building afterwards for a cup tea/ coffee	Meet at tourist office on Wexford Quay front.	Email: Wmhareception@gmail.com/ Tel: 053 9140610 (Monday to Friday 9.30am to 2.30pm)
6 th Oct	10.30am to 11.30am	Outdoor Yoga with Vivian Brodie Hayes Bring yourself and a Yoga Mat. Booking essential Note if weather is unfavourable, this class will be via zoom.	Redmond Park, Wexford	Email: Wmhareception@gmail.com/ Tel: 053 9140610 (Monday to Friday 9.30am to 2.30pm)
7 th Oct	10.30am to 12.30pm	Wellness Café Booking essential. Proof of vaccine required.	Wexford Mental Health Association, Castle Street, Enniscorthy	Email: Wmhareception@gmail.com/ Tel: 053 9140610 (Monday to Friday 9.30am to 2.30pm)
10 th Oct		Launch of Wexford Mental Health Association's Annual Creativity Counts Exhibition on Website: www.wexfordmentalhealthassociation.ie		

Wexford Mental Health Association Pocket Wellness Guide / Great Places and Spaces Guide according to Children will be widely available across County Wexford with information and support services that can support your wellbeing.

Please don't hesitate to get in contact with us if you require any further information on 053 9141610 or email Wexfordmha@mentalhealthireland.ie