

## **Mental Health Awareness Week**

To mark world mental health awareness week an event for older people was held in conjunction with Roscommon Sports Partnership in the office on Friday 14<sup>th</sup>. Over twenty people attended a fun and games event where there were exercises, dancing and games brought by the participants such as curling and indoor croquet. This was a fun event emphasising the benefits of keeping active, social interaction and having fun as part of mental wellness.

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