

## Want to improve your wellbeing?

We provide **free** health-related educational courses for adults in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

### Join our **free** courses in Sevenoaks

Course	Date	Time	Venue
<b>Introduction to Recovery College</b>	Tues, 21 April	9.30 to 11.30am	Luggage Room, Bat & Ball Station
<b>Mental Health Toolkit</b>	Tues, 28 April	12 midday to 2pm	Sevenoaks Leisure Centre
<b>Creativity for Wellbeing – Book Hedgehogs</b>	Tues, 12 May	9.30 to 11.30am	Luggage Room, Bat & Ball Station
<b>How to Say No</b>	Tues, 9 & 16 June	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>Summer Wellbeing</b>	Tues, 23 June	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>Introduction Meditation</b>	Tues, 7 July	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>Summer Celebration</b>	Tues, 21 July	12 to 2pm	Knole Park



Contact: [kmmh.sevenoaksrc@nhs.net](mailto:kmmh.sevenoaksrc@nhs.net)

Use the QR code to register  
Or call: 07711 919610

