

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 Thanet

Course	Date	Time	Venue
Creativity for Wellbeing – Book Hedgehogs	Tues, 28 April	10.30am to 12.30pm	Arts in Ramsgate
Wilder Wellbeing	Wed, 6, 13, 20 May, 10, 17 & 24 June	10.30am to 12.30pm	Pegwell Bay, Ramsgate
Introduction to Meditation	Thurs, 7 May	1.30 to 3.30pm	Veterans Centre, Birchington
Digital Wellbeing	Tues, 12 May	10.30am to 12.30pm	Arts in Ramsgate
Mental Health Toolkit	Thurs, 21 May	1.30 to 3.30pm	Veterans Centre, Birchington
Caring for Carers	Tues 9 & 16 June	10.30am to 12.30pm	Arts in Ramsgate
Living Well on a Budget	Tues 23 June	10.30am to 12.30pm	Arts in Ramsgate
Top Tips for Applications and Interviews	Wed, 1 & 8 July	10.30am to 12.30pm	GAP, Broadstairs
Summer Wellbeing	Tues, 7 July	10.30am to 12.30pm	Arts in Ramsgate
Summer Celebration	Tues, 21 July	10.30am to 12.30pm	Arts in Ramsgate

Contact: kmmh.thanetrc@nhs.net
 Use the QR code to register
 Or call 07749 573570 / 07519 922561

