

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 Tunbridge Wells

Course	Date	Time	Venue
Introduction to Recovery College	Wed, 23 Sept	10.30am to 12.30pm	Angel Centre, Tonbridge
Autumn Wellbeing	Tues, 29 Sept	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub, Tunbridge Wells
Discovering Your Inner Strength & Potential	Wed, 7 & 14 Oct	10.30am to 12.30pm	Angel Centre, Tonbridge
Digital Wellbeing	Tues, 13 Oct	10.30am to 12.30pm	Angel Centre, Tonbridge
Creativity for Wellbeing – Book hedgehogs	Tues, 20 Oct	10.30am to 12.30pm	Tunbridge Wells Safe Haven
Nurture in Nature	Tues, 10, 17, 24 Nov & 1 Dec	10.30am to 12.30pm	Grosvenor and Hilbert Park Hub, Tunbridge Wells
Introduction to Peer Support	Wed, 18 Nov	10.30am to 12.30pm	Angel Centre, Tonbridge
Student Connect	Wed, 9 Dec	10.30am to 12.30pm	Tunbridge Wells Safe Haven

Contact: kmmh.tunbridgewellsrc@nhs.net

Use the QR code to register

Or call: 07720 152576

