

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 Canterbury

Course	Date	Time	Venue
How to Say No	Thurs, 7 & 14 May	10.30am to 12.30pm	Spring Lane Neighbourhood Centre
Reading for Wellbeing	Wed, 20 May	1.30 to 3.30pm	Kent Neuro Therapy Centre
Summer Wellbeing	Wed, 10 June	12.30 to 2.30pm	Abbey Physic Community Garden, Faversham
Tree of Life	Thurs, 11, 18, 25 June	10.30am to 12.30pm	Spring Lane Neighbourhood Centre
Discovering Your Inner Strength & Potential	Wed, 1 & 8 July	2 to 4pm	Canterbury Adult Education
Summer Celebration	Thurs, 23 July	10.30am to 12.30pm	Spring Lane Neighbourhood Centre

Contact: kmmh.canterburyrc@nhs.net

Use the QR code to register
Or call: 07435 778961

