

## 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
<b>Introduction to Recovery College</b>	Wed, 22 April	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub
<b>Menopause, Mindfulness and Me</b>	Wed, 29 April, 6 & 13 May	10.30am to 12.30pm	Angel Centre, Tonbridge
<b>Mental Health Toolkit</b>	Wed, 20 May	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub
<b>Men's Sheds</b>	Wed, 17 June	10.30am to 12.30pm	Angel Centre
<b>Goodbye to Clutter</b>	Wed, 24 June & 1 July	10.30am to 12.30pm	Angel Centre
<b>How to Sleep Well</b>	Wed, 8 July	10.30am to 12.30pm	Grosvenor and Hilbert Park Hub
<b>Summer Celebration</b>	Wed, 22 July	10.30am to 12.30pm	Grosvenor and Hilbert Park Hub

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

Use the QR code to register

Or call: 07720 152576

