

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 Ashford

Course	Date	Time	Venue
Haiku for Wellbeing	Wed, 22 April	12 midday to 2pm	The Limes Community Garden
Exploring Psychosis	Wed, 29 April, 6, 13 & 20 May	1 to 3pm	Moat Foundation Community Suite
Tree of Life	Wed, 10, 17 & 24 June	12 midday to 2pm	The Limes Community Garden
Summer Wellbeing	Wed, 8 July	12 midday to 2pm	Moat Foundation Community Suite
Summer Celebration	Wed, 15 July	12 midday to 2pm	The Limes Community Garden

Contact: kmmh.ashfordrc@nhs.net

Use the QR code to register
Or call: 07770 610007

