

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 Maidstone

Course	Date	Time	Venue
Autumn Wellbeing	Tues, 22 Sept	10am to 12 midday	Lenham House, Glebe Gardens
Relax & Breathe	Wed, 30 Sept	10am to 12 midday	Greensand Health Centre, Headcorn
Creativity for Wellbeing – Book hedgehogs	Tues, 6 Oct	10am to 12 midday	Fusion Healthy Living Centre, Parkwood
Men's Sheds – guest speaker	Mon, 12 Oct	10am to 12 midday	Greensand Health Centre, Headcorn
Nurture in Nature	Tues, 13 Oct	10am to 12 midday	Mote Park Learning Space
Mindful Living	Mon, 9, 16 & 23 Nov	1 to 3pm	Maidstone Community Support Centre
Discovering Your Inner Strength and Potential	Wed, 18 & 25 Nov	10am to 12 midday	Greensand Health Centre, Coxheath
Create a Better Christmas	Wed, 2 Dec	10am to 12 midday	Greensand Health Centre, Coxheath
Student Connect	Mon, 7 Dec	1 to 3pm	Maidstone Community Support Centre

Contact: kmmh.maidstonerc@nhs.net

Use the QR code to register

Or call: 07407 826920



A place for everyone.

