

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 South Kent Coast

Course	Date	Time	Venue
Wilder Wellbeing – Grief & loss	Thurs, 24 Sept & 1, 8, 15, 22, 29 Oct	2 to 4pm	RSPB Centre, Dungeness
Action for Happiness – guest speaker	Fri, 25 Sept	1 to 3pm	Age Concern, Sandwich
Nurture in Nature	Mon, 9 & 16 Nov	1 to 3pm	Kearsney Abbey, Dover
Men's Sheds – guest speaker	Mon, 23 Nov	1.30 to 3.30pm	Rainbow Centre, Folkestone
Create a Better Christmas	Mon, 7 Dec	1.30 to 3.30pm	Rainbow Centre, Folkestone

Contact: kmmh.southkentcoastrc@nhs.net

Use the QR code to register
Or call: 07721 609018

