

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
Wilder Wellbeing – SEND	Wed, 30 Sept & 7, 14, 21 Oct & 11, 18 Nov	10.30am to 12.30pm	West Blean & Thornden Woods
Wilder Wellbeing	Wed, 30 Sept & 7, 14, 21 Oct & 11, 18 Nov	1.30 to 3.30pm	West Blean & Thornden Woods
Goodbye to Clutter	Tues, 6 & 13 Oct	10.30am to 12.30pm	Bechange, Aylesham
Nurture in Nature	Tues, 20 Oct	2 to 4pm	Canterbury Adult Education
Caring for Carers	Thurs, 19 & 26 Nov	12 midday to 2pm	Spring Lane Neighbourhood Centre
Winter Wellbeing	Wed, 2 Dec	12.30 to 2.30pm	Abbey Physics Garden, Faversham
Create a Better Christmas	Thurs, 3 Dec	10.30am to 12.30pm	Spring Lane Neighbourhood Centre

Contact: kmmh.canterburyrc@nhs.net

Use the QR code to register
Or call: 07435 778961



A place for everyone.

