

Want to improve your wellbeing?

We **free** provide 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 Dartford, Gravesham & Swanley

Course	Date	Time	Venue
Haiku for Wellbeing	Tues, 29 Sept	1.30 to 3.30pm	Temple Hill Community Centre, Dartford
Caring for Carers	Wed, 7 & 14 Oct	1 to 3pm	The Grand Healthy Living Centre, Gravesend
Action for Happiness – guest speaker	Mon, 12 Oct	1 to 3pm	Moat Housing Hub, Gravesend
Reading for Wellbeing	Tues, 20 Oct	1.30 to 3.30pm	Temple Hill Community Centre, Dartford
Understanding How I Learn	Wed, 11 Nov	1 to 3pm	Moat Housing Hub, Gravesend
Creativity for Wellbeing – Book hedgehogs	Tues, 17 Nov	1.30 to 3.30pm	Tree Estate Community Centre, Dartford
Create a Better Christmas	Wed, 2 Dec	1 to 3pm	Moat Housing Hub, Gravesend

Contact: kmmh.dartfordrc@nhs.net

Use the QR code to register
Or call: 07707 152712

