

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** Virtual courses

Course	Date	Time	Venue
Writing for Self-Expression	Tues, 28 April, 5, 12 & 19 May	11am to 12.30pm	MS Teams
Healing Words	Thurs, 30 April	11am to 12.30pm	MS Teams
Tree of Life	Thurs, 7, 14 & 21 May	11am to 1pm	MS Teams
Introduction to Exploring Psychosis	Tues, 9 June	1 to 3pm	MS Teams
Digital Wellbeing	Wed, 10 June	11am to 1pm	MS Teams
Relax and Breathe	Wed, 17 June	11am to 12.30pm	MS Teams
Summer Wellbeing	Thurs, 18 June	11am to 12.30pm	MS Teams
Understanding How I Learn	Wed, 24 June	11am to 12.30pm	MS Teams
Introduction to Meditation	Thurs, 2 July	11am to 12.30pm	MS Teams
Yoga for Everybody	Thurs, 9 July	11am to 1pm	MS Teams
Summer Celebration	Thurs, 16 July	11am to 12:30pm	MS Teams

Contact: kmmh.virtualrc@nhs.net

Use the QR code to register
Or call: 07787 266421

