

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 Thanet

Course	Date	Time	Venue
Haiku for Wellbeing	Wed, 23 Sept	12.30 to 2.30pm	SpeakUp CIC, Margate
Nurture in Nature	Tues, 29 Sept, 6 & 13 Oct	1.30 to 3.30pm	Windmill Gardens, Margate
Autumn Wellbeing	Tues, 20 Oct	1.30 to 3.30pm	Windmill Gardens, Margate
Exploring Psychosis	Wed, 11, 18, 25 Nov & 2 Dec	1.30 to 3.30pm	Gap Project, Broadstairs
Create a Better Christmas	Tues, 8 Dec	10.30am to 12.30pm	Arts in Ramsgate

Contact: kmmh.thanetrc@nhs.net
 Use the QR code to register
 Or call 07519 922561

