

## 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 Maidstone

Course	Date	Time	Venue
<b>Haiku for Wellbeing</b>	Tues, 21 April	10am to 12 midday	Fusion Healthy Living Centre, Parkwood
<b>Wilder Wellbeing</b>	Tues, 28 April, 5, 12, 19 May, 9, & 16 June	2 to 4pm	Tyland Barn
<b>Caring for Carers</b>	Wed, 29 April & 6 May	10am to 12 midday	Greensand Health Centre, Headcorn
<b>Mental Health Toolkit</b>	Tues, 12 May	10am to 12 midday	Fusion Healthy Living Centre, Parkwood
<b>Men's Sheds</b>	Mon, 18 May	1 to 3pm	Maidstone Community Support Centre
<b>Exploring Psychosis</b>	Wed, 17, 24 June, 1 & 8 July	10am to 12 midday	Greensand Health Centre, Coxheath
<b>Summer Celebration</b>	Wed, 22 July	11am to 1pm	Mote Park, Maidstone

Contact: [kmmh.maidstonerc@nhs.net](mailto:kmmh.maidstonerc@nhs.net)

Use the QR code to register  
Or call: 07407 826920

