

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 Medway & Swale

Course	Date	Time	Venue
Wilder Wellbeing	Tues, 22, 29 Sept & 6, 13, 20, 27 Oct	10am to 12 midday	Milton Creek, Sittingbourne
Introduction to Recovery College	Tues, 22 Sept	10.30am to 12.30pm	Magpie Café, Chatham
Mental Health Toolkit	Tues, 29 Sept	1 to 3pm	Heather House, Sittingbourne
Introduction to Recovery College	Thurs, 1 Oct	1 to 3pm	Sheppey Matters (next to Eastchurch Village Hall), Sheerness
How to Say No	Tues, 6 & 13 Oct	1 to 3pm	Rochester Adult Education
Winter Wellbeing	Thurs, 12 Nov	2 to 4pm	The Hope Street Centre, Sheerness
Create a Better Christmas	Tues, 17 Nov	1 to 3pm	Heather House, Sittingbourne
Nurture in Nature	Thurs, 26 Nov	1 to 3pm	Rushenden Wellbeing Hub, Manor Road
Caring for Carers	Tues, 1 & 8 Dec	1 to 3pm	Rochester Adult Education

Contact: kmmh.medwayrc@nhs.net

Use the QR code to register

Or call: 07707 152428

