

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 Ashford

Course	Date	Time	Venue
Wilder Wellbeing	Tues, 22, 29 Sept, 6, 13, 20, 27 Oct	2 to 4pm	Victoria Park
Caring for Carers	Wed, 30 Sept & 7 Oct	12 midday to 2pm	The Limes Community Garden
Top Tips for Applications and Interviews	Wed, 14 & 21 Oct	1 to 3pm	Moat Foundation Community Suite
Understanding How I Learn	Wed, 11 Nov	1 to 3pm	Moat Foundation Community Suite
Winter Wellbeing	Wed, 18 Nov	1 to 3pm	Moat Foundation Community Suite
Digital Wellbeing	Wed, 25 Nov	1 to 3pm	Moat Foundation Community Suite
Living Well on a Budget	Wed, 2 Dec	1 to 3pm	Moat Foundation Community Suite
Creativity for Wellbeing – Starlights	Wed, 9 Dec	1 to 3pm	Moat Foundation Community Suite

Contact: kmmh.ashfordrc@nhs.net

Use the QR code to register
Or call: 07889 495424



A place for everyone.

