

## Want to improve your wellbeing?

We **free** provide 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 Dartford, Gravesham & Swanley

| Course                                  | Date           | Time             | Venue                                      |
|---|----------------|------------------|--|
| <b>Introduction to Recovery College</b> | Tues, 21 April | 1 to 3pm         | Temple Hill Community Centre, Dartford     |
| <b>Healing Words</b>                    | Wed, 29 April  | 1 to 3pm         | The Grand Healthy Living Centre, Gravesend |
| <b>How to Sleep Well</b>                | Tues, 5 May    | 1 to 3pm         | Tree Estate Community Centre, Dartford     |
| <b>Introduction to Meditation</b>       | Wed, 20 May    | 1 to 3pm         | The Grand Healthy Living Centre, Gravesend |
| <b>Summer Wellbeing</b>                 | Wed, 24 June   | 1 to 3pm         | Moat Housing Hub, Gravesend                |
| <b>Relax and Breathe</b>                | Tues, 30 June  | 1 to 3pm         | Tree Estate Community Centre, Dartford     |
| <b>Student Connect</b>                  | Wed, 1 July    | 1 to 3pm         | Moat Housing Hub, Gravesend                |
| <b>Living Well on a Budget</b>          | Tues, 7 July   | 1 to 3pm         | Temple Hill Community Centre, Dartford     |
| <b>Summer Celebration</b>               | Wed, 22 July   | 12 midday to 2pm | Moat Housing Hub, Gravesend                |

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

Use the QR code to register  
Or call: 07707 152712

