

## 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 South Kent Coast

Course	Date	Time	Venue
<b>Student Connect – Goodbye to Clutter catch-up</b>	Tues, 28 April	1 to 3pm	Age Concern, Sandwich
<b>Wilder Wellbeing</b>	Thurs, 30 April, 7, 14, 21, 28 May & 4 June	10.30am to 12.30pm	RSPB Centre, Dungeness
<b>Living Well on a Budget</b>	Tues, 19 May	1.30 to 3.30pm	Rainbow Centre, Folkestone
<b>Discovering Your Inner Strength &amp; Potential</b>	Thurs, 18 & 25 June	1.30 to 3.30pm	Rainbow Centre, Folkestone
<b>Living Well on a Budget</b>	Mon, 29 June	10am to 12 midday	Lighthouse on the Marsh, New Romney
<b>Creativity for Wellbeing – Book Hedgehogs</b>	Tues, 7 July	1 to 3pm	Hub on the Beach, Greatstone
<b>Summer Celebration</b>	Tues, 21 July	2 to 4pm	Rainbow Centre, Folkestone

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

Use the QR code to register  
Or call: 07721 609018

