

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 Sevenoaks

Course	Date	Time	Venue
Introduction to Recovery College	Tues, 22 Sept	10.30am to 12.30pm	Edenbridge Memorial Health Centre
Haiku for Wellbeing	Tues, 29 Sept	12.30 to 2.30pm	Sevenoaks Leisure Centre
Relax and Breathe	Tues, 6 Oct	10.30am to 12.30pm	Edenbridge Memorial Health Centre
Goodbye to Clutter	Wed, 14 & 21 Oct	10.30 to 12.30pm	Sevenoaks Leisure Centre
Winter Wellbeing	Tues, 10 Nov	10.30am to 12.30pm	Edenbridge Memorial Health Centre
Menopause, Mindfulness and Me	Wed, 11, 18 & 25 Nov	1 to 3pm	The Luggage Room, Bat & Ball Station
How to Sleep Well	Wed, 2 Dec	1 to 3pm	The Luggage Room, Bat & Ball Station
Create a Better Christmas	Tues, 8 Dec	12.30 to 2.30pm	Sevenoaks Leisure Centre

Contact: kmmh.sevenoaksrc@nhs.net

Use the QR code to register

Or call: 07711 919610

