



Want to improve your wellbeing?

We provide health-related educational courses for adults **free of charge** 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 Thanet

Course	Date	Time	Venue
Haiku for Wellbeing	Wed, 14 Jan	1 to 3pm	GAP, Broadstairs
How to Say No	Tues, 20, 27 Jan	10.30am to 12.30pm	Arts in Ramsgate
Discovering Your Inner Strength and Potential	Thurs, 5, 12 Feb	1.30 to 3.30pm	Veterans, Centre, Birchington
Goodbye to Clutter	Tues, 3, 10 Mar	10.30am to 12.30pm	Arts in Ramsgate
How to Sleep Well	Wed, 18 Mar	10.30am to 12.30pm	GAP, Broadstairs
Relax and Breathe	Wed, 25 Mar	1 to 3pm	TBC
Reading for Wellbeing	Thurs, 2 April	10.30am to 12.30pm	GAP, Broadstairs

To enrol, scan the QR code, or visit
<https://www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/>

If you need support to enrol call 07749 573570 or
07519922561 or kmmh.thanetrc@nhs.net



**Kent and Medway
Mental Health**
NHS Trust