

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 Medway & Swale

Course	Date	Time	Venue
Summer Wellbeing	Mon, 27 April	1 to 3pm	Heather House, Sittingbourne
Haiku for Wellbeing	Mon, 18 May	1 to 3pm	Rochester Adult Education Centre
Digital Wellbeing	Mon, 8 June	1 to 3pm	Rochester Adult Education Centre
Introduction to Recovery College	Thurs, 29 June	1 to 3pm	Rushenden Hub, Sheppey
Living Well on a Budget	Mon, 29 June	1 to 3pm	Morrisons, Strood
Summer Celebration	Mon, 20 July	1 to 3pm	Heather House, Sittingbourne

Contact: kmmh.medwayrc@nhs.net

Use the QR code to register
Or call: 07707 152428

