

## Virtual timetable

Courses	No. of weeks	Day & time	2025	Venue
Spring Wellbeing	1	Thurs, 11am to 12.30pm	24 April	MS Teams
How to Sleep Well	1	Tues, 11am to 12.30pm	6 May	MS Teams
How to Say No	2	Thurs, 11am to 12.30pm	15 & 22 May	MS Teams
Healing Words	1	Tues, 11am to 12.30pm	20 May	MS Teams
Relax and Breathe	1	Wed, 11am to 12.30pm	11 June	MS Teams
Digital Wellbeing	1	Tues, 11am to 1pm	17 June	MS Teams
Introduction to Meditation	1	Thurs, 11am to 12.30pm	19 June	MS Teams
Yoga for Everybody	1	Thurs, 11am to 1pm	26 June	MS Teams
Summer Wellbeing	1	Thurs, 11am to 12.30pm	3 July	MS Teams
Creativity for Wellbeing – Starlights	1	Thurs, 11am to 1pm	10 July	MS Teams
Summer Celebration	1	Thurs, 11am to 12.30pm	17 July	MS Teams

Contact: [kmpt.virtualrc@nhs.net](mailto:kmpt.virtualrc@nhs.net)

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Use the QR code to register, or follow us on

