



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 Canterbury

Course	Date	Time	Venue
Introduction to Meditation	Tues, 23 Sept	10.30am to 12.30pm	Canterbury Adult Education Centre
Wilder Wellbeing – Help to Stop Smoking	Wed, 1, 8 Oct	1pm to 3pm	West Blean & Thorndon Woods
Healing Words	Tues, 7 Oct	10.30am to 12.30pm	Canterbury Adult Education Centre
Autumn Wellbeing	Thurs, 16 Oct	10.30am to 12.30pm	Abbey Physic Community Garden, Faversham
Living Well on a Budget	Wed, 5 Nov	2pm to 4pm	Canterbury Adult Education Centre
Exploring Psychosis	Wed, 12, 19, 26 Nov, 3 Dec	2pm to 4pm	Canterbury Adult Education Centre
Caring for Carers	Tues, 18, 25 Nov	10.30am to 12.30pm	MS Therapy Centre

To enrol, scan the QR code, or visit:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>



To book call 07435 778961 or email kmpt.canterburyrc@nhs.net



Kent and Medway
NHS and Social Care Partnership Trust