



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 South Kent Coast

Course	Date	Time	Venue
Healing Words	Tues, 23 Sept	11am to 1pm	Hub on the Beach, Greatstone
Wilder Wellbeing	Thurs, 25 Sep & 2, 9, 16, 23, 30 Oct	10am to 12 midday	Dungeness RSPB
Mental Health Toolkit	Tues, 30 Sep	1 to 3pm	Rainbow Centre, Folkestone
Haiku for Wellbeing	Tues, 7 Oct	1 to 3pm	Rainbow Centre, Folkestone
How to Say No	Tues, 4 & 11 Nov	11am to 1pm	Hub on the Beach, Greatstone
Goodbye to Clutter	Mon, 17 & 24 Nov	11am to 1pm	Age Concern, Sandwich
Creativity for Wellbeing - Starlight	Tues, 2 Dec	11am to 1pm	Hub on the Beach, Greatstone

To enrol, scan the QR code, or visit:

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



To book call 07721 609018 or email kmpt.southkentcoastrc@nhs.net



Kent and Medway

NHS and Social Care Partnership Trust