



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 Tunbridge Wells

Course	Date	Time	Venue
Autumn Wellbeing	Wed, 17 Sept	10.30am to 12.30pm	Grosvenor & Hilbert Park Hub
Mental Health Toolkit	Tues, 23 Sep	10.30am to 12.30pm	Angel Centre, Tonbridge
Creativity for Wellbeing - Starlight	Tues, 7 Oct	10.30am to 12.30pm	Angel Centre, Tonbridge
Goodbye to Clutter	Wed, 19 & 26 Nov	10.30am to 12.30pm	Mental Health Resource Centre
Student Connect	Tues, 2 Dec	10.30am to 12.30pm	Angel Centre, Tonbridge

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

To book call 07720 152576 or email kmpt.tunbridgewellsrc@nhs.net



Kent and Medway
NHS and Social Care Partnership Trust