



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** Virtual courses

Course	Date	Time	Venue
Student Connect	Thurs, 18 Sept	11am to 12.30pm	MS Teams
Goodbye to Clutter	Wed, 24 Sep & 1 Oct	11am to 12.30pm	MS Teams
Autumn Wellbeing	Thurs, 25 Sep	11am to 12.30pm	MS Teams
How to Sleep Well	Thurs, 9 Oct	11am to 12.30pm	MS Teams
Autumn Wellbeing	Wed, 15 Oct	11am to 12:30pm	MS Teams
Writing for Self-Expression	Tues, 4, 11, 18, 25 Nov	11am to 12.30pm	MS Teams
Introduction to Meditation	Thurs, 6 Nov	11am to 12.30pm	MS Teams
Yoga for Everybody	Wed, 12 Nov	11am to 1pm	MS Teams
Relax & Breathe	Wed, 19 Nov	11am to 12.30pm	MS Teams
Create a Better Christmas	Wed, 26 Nov	11am to 12.30pm	MS Teams
Creativity for Wellbeing - Starlight	Thurs 4 Dec	11am to 12:30pm	MS Teams

To enrol, scan the QR code, or visit:

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

To book call 07787 266421 or email kmpt.virtualrc@nhs.net



Kent and Medway

NHS and Social Care Partnership Trust