



## 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 Medway & Swale

Course	Date	Time	Venue
<b>Autumn Wellbeing</b>	Tues, 7 Oct	2 to 4pm	Heather House, Sittingbourne
<b>Discover your Inner Strength and Potential</b>	Wed, 8, 15 Oct	1.30 to 3.30pm	Rochester Adult Education
<b>How to Say No</b>	Tues, 4, 11 Nov	2 to 4pm	Heather House, Sittingbourne
<b>Goodbye to Clutter</b>	Wed, 19, 26 Nov	2 to 4pm	Hope Street, Sheerness
<b>Creativity for Wellbeing - Book hedgehogs</b>	Tues, 2 Dec	1.30 to 3.30pm	Rochester Adult Education

To enrol, scan the QR code, or visit:

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

To book call 07707 152432 / 07707 152428 or email [kmpt.medwayrc@nhs.net](mailto:kmpt.medwayrc@nhs.net)



**Kent and Medway**  
NHS and Social Care Partnership Trust