



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 Maidstone

Course	Date	Time	Venue
Introduction to Recovery College	Mon, 15 Sept	1 to 3pm	Maidstone Community Support Centre
Autumn Wellbeing	Wed, 24 Sep	10 to 12 midday	Greensand Health Centre
Goodbye to Clutter	Tues, 30 Sep & 7 Oct	10 to 12 midday	Fusion Healthy Living Centre
Wilder Wellbeing	Tues 30 Sep, 7, 14 Oct, 4, 11, 18 Nov	1.45 to 3.45pm	Tyland Barn
Living Well on a Budget	Mon, 13 Oct	1 to 3pm	Maidstone Community Support Centre
Caring for Carers	Tues 4, 11 Nov	10 to 12 midday	Fusion Healthy Living Centre
Reading for Wellbeing	Mon, 17 Nov	1 to 3pm	Maidstone Community Support Centre
Winter Wellbeing	Wed, 26 Nov	10 to 12 midday	Greensand Health Centre
Student Connect	Tues, 2 Dec	10 to 12 midday	Fusion Healthy Living Centre

To enrol, scan the QR code, or visit:

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

To book call 07407 826920 or email kmpt.maidstonerc@nhs.net



Kent and Medway
NHS and Social Care Partnership Trust