

Medway & Swale timetable

| Courses | No. of weeks | Day & time | 2025 | Venue |
|--------------------------------------|--------------|-------------------------|--|--|
| How to Sleep Well | 1 | Mon, 1.30 to 3.30pm | 28 April | Sunlight Centre, Gillingham |
| Building Motivation by Setting Goals | 2 | Tues, 2 to 4pm | 6, 13 May | Hope Street Centre, Sheerness |
| Relax and Breathe | 1 | Tues, 1.30 to 3.30pm | 20 May | Heather House, Sittingbourne |
| Wilder Wellbeing | 6 | Tues, 10am to 12 midday | 27 May 3, 10, 17, 24 June 1 July | Milton Creek Country Park, Sittingbourne |
| Menopause, Mindfulness and Me | 3 | Tues, 1.30 to 3.30pm | 10, 17 & 24 June | Rochester Adult Education Centre |
| Reading for Wellbeing | 1 | Tues, 2 to 4pm | 1 July | <u>Hope Street Centre, Sheerness</u> |
| Summer Celebration | 1 | Tues, 2 to 4pm | 15 July | <u>Hope Street Centre, Sheerness</u> |

Contact: kmpt.medwayrc@nhs.net
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Use the QR code to register, or follow us on

