



## 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 Sevenoaks

Course	Date	Time	Venue
<b>Relax &amp; Breathe</b>	Thurs, 18 Sept	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>How to Say No</b>	Wed, 24 Sep & 1 Oct	12.30 to 2.30pm	Bat & Ball Luggage Room
<b>Healing Words</b>	Wed, 15 Oct	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>Mental Health Toolkit</b>	Wed, 5 Nov	12.30 to 2.30pm	Sevenoaks Leisure Centre
<b>Winter Wellbeing</b>	Wed, 12 Nov	12.30 to 2.30pm	Bat & Ball Luggage Room

To enrol, scan the QR code, or visit:

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

To book call 07707 153666 or email [kmpt.sevenoaksrc@nhs.net](mailto:kmpt.sevenoaksrc@nhs.net)



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