

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, 1.30 to 3.30pm	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

