Practical Ideas for Happier Living

learn some skills to improve your mood and coping strategies

ACTION FOR HAPPINESS

vould you like to deal with overyday stress better?

Join our FREE six week course (15 hours) and learn how to improve your mental health and physical wellbeing. You will meet new people and develop new skills...

Starting:

Thursday, 27 February to 2 April 2020

10:00 ~ 12:30



At:

Kingston Carers Network 418 Ewell Road Surbiton KT6 7HF

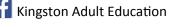


To book your pre-course enrolment session or for further information, you can either: click on this link: <u>https://forms.gle/LY4nR7sdnooJhuDLA</u> or telephone: The Community Learning Team on 020 8547 6732 or e-mail: communitylearningkae@kingston.gov.uk



HQ: King Charles Centre, Hollyfield Road, Surbiton, KT5 9AL. Office: 020 8547 6732 email: communitylearningkae@kingston.gov.uk web: www.kingston.gov.uk/adulteducation



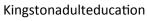












Education & Skills Funding Agency