



Practical Ideas for Happier Living

Would you like to deal with everyday stress better?

This unique course has been designed with the charity, Action for Happiness, which has over 70,000 members worldwide and whose patron is the Dalai Lama. You will gain practical ideas and tips, based on the latest scientific research, to increase resilience, improve your wellbeing and manage anxiety better.

Join one of our **FREE 6-week ONLINE** courses (15 hrs)
starting on

Tuesday, 8 June 9.30am~12pm

Wednesday, 9 June 6.45pm~9.15pm

Friday, 11 June 10am~12.30pm

OR a 90-minute taster session on

Thursday, 17 June 6.45pm

Friday, 16 July 9.30am

To book your pre-course enrolment session
click on our link <https://bit.ly/KAE-PIFHL>

or contact the Community Learning Team on
020 8547 6732

email: communitylearningkae@kingston.gov.uk

web: www.kingston.gov.uk/adulteducation

