

# Practical Ideas for Happier Living

learn some skills to improve your mood and coping strategies

ACTION FOR HAPPINESS

## would you like to deal with everyday 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...

Friday, 31st January to 13th March 2020\*

10:00 ~ 12:30

\*except 21st Feb (half term)



at

The Groves Medical Centre  
171 Clarence Avenue  
New Malden KT3 3TX



To book your pre-course enrolment session or for further information, you can either:

click on this link: <https://forms.gle/EaDR2bzLBwty8eLo6>

or telephone: **The Community Learning Team** on 020 8547 6732


or e-mail: [communitylearningkae@kingston.gov.uk](mailto:communitylearningkae@kingston.gov.uk)

 **Kingston  
Adult  
Education**

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email: [communitylearningkae@kingston.gov.uk](mailto:communitylearningkae@kingston.gov.uk)  
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