



ACTION FOR HAPPINESS

Practical Ideas for Happier Living

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, 18 Sept to 23 Oct 2020
from 10:00~12:30



The Groves
Medical Group

at The Groves Medical Centre
171 Clarence Ave, New Malden, KT3 3TX

To book your pre-course enrolment session or for further information, click on this link: <https://forms.gle/JVKLF2aBAUS5omD86>

or contact the Community Learning Team on 020 8547 6732
email: communitylearningkae@kingston.gov.uk
web: www.kingston.gov.uk/adulteducation

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