



Practical Ideas for Happier Living

Would you like to deal with everyday stress better?

This informal and friendly free course gives practical ideas and tips, based on the latest scientific research to increase resilience, improve wellbeing and manage stress and anxiety levels better.

Designed with the charity Action for Happiness, which has over 275,000 members worldwide and whose patron is the Dalai Lama.

Try one of our Taster sessions or sign up for one of our six week courses

ACTION FOR HAPPINESS

Taster Sessions:

- Wednesday 20 April 2022 at 2.30pm~4.00pm (online)
- Wednesday, 18 May 2022 at 2pm~3.30pm (online)

Six week courses:

- Tuesdays, 19 Apr-24 May 2022 at 9.30am~12.00pm (online)
- Thursdays, 21 April-26 May 2022 at 10.00am~12.30pm at The Groves Medical Centre, 171 Clarence Avenue, New Malden, KT3 3TX
- Thursdays, 21 April-26 May at 6.45pm~9.15pm at Richard Challoner School, Manor Drive North, New Malden, KT3 5PE

To enrol on any of the above courses, please click here

<https://bit.ly/KAE-CLpifhl2122>

(Please note enrolments for the six week courses close on: 11 April)

Community Learning Team

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www.kingston.gov.uk/adulteducation

