

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...

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: <https://forms.gle/LY4nR7sdnooJhuDLA>

or telephone: The Community Learning Team on 020 8547


6732 or e-mail: communitylearningkae@kingston.gov.uk

 **Kingston
Adult
Education**

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