

Swanley Activity Sessions



North Kent Mind run a weekly Swanley session which combines open discussion and exercise this gives the perfect opportunity for those with Mental Health issues to engage with other people in a fun and active way.

**SESSIONS EVERY WEDNESDAY
11:00-14:00PM**

PRIOR REGISTRATION IS REQUIRED

For further information, please contact:

**NORTH KENT MIND
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 **mind** North Kent

Live well 
Community wellbeing

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