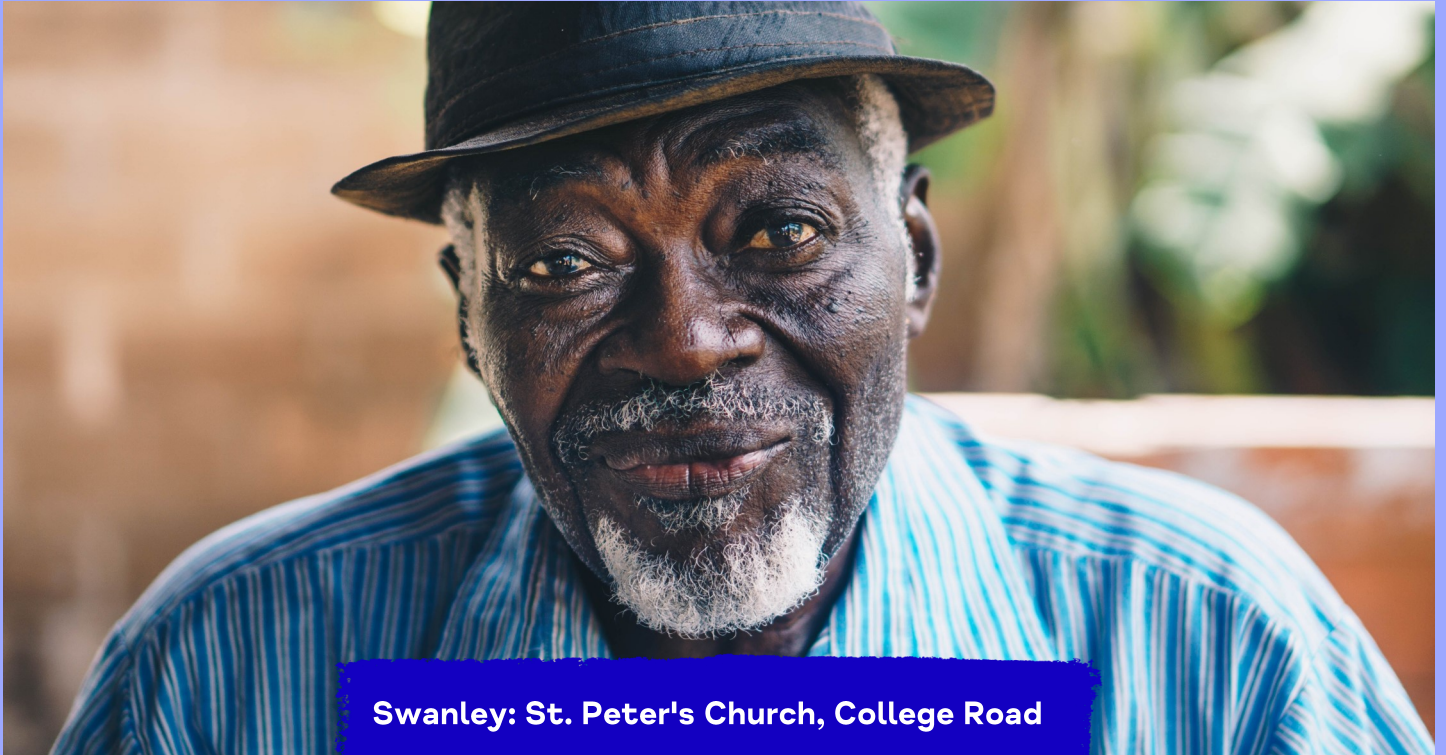


Men's Wellbeing Group



Swanley: St. Peter's Church, College Road

Monday 2:00—3:30pm

Dartford: Dartford FC, Princes Park Stadium

Wednesday 6:00—7:30pm

**Gravesend: Riverside Community Centre,
Dickens Road**

Friday 2:30—4:00pm

Men's Wellbeing Group offers support for individuals (living in the Dartford, Gravesham and Swanley who are over 55 or under 55 with a long-term health condition.

The group combines open discussion with exercise and nutrition to tackle the stigma of mental health and to get Men talking and saving lives! Courses are set over a 10 week period.

You can register by scanning the QR code!



For further information, please contact:



**NORTH KENT MIND
01322 291380**

Wellbeing@northkentmind.co.uk

