

5 Ways to Wellbeing



Do you want to make positive changes to your lifestyle!

Embark on a transformative journey towards a healthier, happier you with our '5 Ways to Wellbeing' course on healthy living. This program is designed to equip you with the knowledge, skills, and habits needed to enhance your physical, mental, and emotional wellbeing.

Venue; Dragons Hub, New Road, Chatham

Date; Tuesday 4th March for 4 weeks

Time; 1.30pm—3.30pm

Join us for "5 Ways to Wellbeing" and take the first step towards a vibrant, healthier life!



To refer, please use QR code or alternatively;

Phone; 01322 291380

Website; <https://northkentmind.co.uk/self-referrals/>