



ACTION FOR HAPPINESS

## Practical Ideas for Happier Living

### 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...

**Friday, 6 Nov to 11 Dec 2020**  
**from 10:00~12:30**



**The Groves**  
Medical Group

at **The Groves Medical Centre**  
**171 Clarence Ave, New Malden, KT3 3TX**

To book your pre-course enrolment session or for further information, click on this link: <https://bit.ly/KAE-CL> and select *Practical Ideas for happier living Fri, 6 Nov 2020 [PIFHL1106]* from the list of courses

or contact the Community Learning Team on 020 8547 6732  
email: [communitylearningkae@kingston.gov.uk](mailto:communitylearningkae@kingston.gov.uk)  
web: [www.kingston.gov.uk/adulteducation](http://www.kingston.gov.uk/adulteducation)

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