

# Work & Wellbeing Lite

Supporting you on your journey

Starts 31<sup>st</sup> July 2019 1pm - 4pm

MMK Mind are delivering a 6 week course that will support you on your journey back into work.

We work with people from all walks of life who may be experiencing difficulties with their wellbeing. Our course is tailor made to suit your needs. If the searching, applying or even the thought of starting a new job brings you feelings of concern or self-doubt then our Work and Wellbeing course may suit you.

Maidstone & Mid-Kent Mind can offer you the time and space to:

- Be Understood
- Learn new techniques to help you think well
- Develop the confidence needed to work well
- Experience new ways to live well

Starts 31<sup>st</sup> July 2019 from 1pm - 4pm

If you feel our Work & Wellbeing Lite course could help you please contact:  
Fusion Healthy Living Centre on 01622 692383 or e-mail  
[anniepalmers@fusionhlc.org.uk](mailto:anniepalmers@fusionhlc.org.uk)