

Thrive

Confidence, skills and opportunities for living well

Thrive is a free, 12-week course designed just for you.

Led by friendly and experienced tutors, Thrive offers:

- Personal development and wellbeing support
- Digital skills for everyday life
- Confidence-building activities
- Guidance for volunteering, training or work
- Guest speakers and local employer visits
- A supportive community to help you grow

Who is it for?

This course is designed specifically for adults (19+) with long-term health conditions.

Available courses:

EKC Training Swale Centre

- Enrolment session: 18 Sept
- Course starts: 3 Oct

EKC Training Thanet Centre

- Enrolment session: 26 Sept
- Course starts: 3 Oct

This course is **FREE** for participants.

Sessions will build weekly from one session to four sessions per week, for a 12-week period.

Learn more:

If you would like to learn more about this course or apply, contact:

adultlearning@eastkent.ac.uk
01843 605045

Or visit: **ekctraining.ac.uk**

