



Health
in Mind

Kelso Anxiety Management Course

Open to Scottish Borders residents aged 18+

A free 5-week course to learn about what anxiety is and practise tools to manage anxiety symptoms.

Where: Kelso
(venue confirmed on booking)

When: Thursdays from 10am to 12 noon

Start date: 10 September 2026

Find out more and book your place:

Make an enquiry:

health-in-mind.org.uk/borders/courses
or scan the QR code here

Call: 01896 807 000

Email: hello@health-in-mind.org.uk



www.health-in-mind.org.uk   

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