



*Are you struggling with tinnitus?  
You need not struggle alone.  
Come to Hi Kent's:*

# **CROWBOROUGH**

# **TINNITUS SUPPORT GROUP**

**Friday 19<sup>th</sup> January 2018**

**2pm-4pm**

**'Tai Chi Taster Session'**

**At Room 3, Crowborough Community Centre Cafe, Pine Grove, Crowborough, TN6 1FE**

*Please come along to enjoy the company of other people with tinnitus. You will be able to speak to other people who understand how it feels to have tinnitus and learn different ways of coping.*

*There is plenty of parking. Refreshments will be provided.*

*Places are limited so you need to book your place. Please contact Hi Kent - Tel: 01622 691151 or email: [enquiries@hikent.org.uk](mailto:enquiries@hikent.org.uk)*



**Hi Kent**  
Sound support for  
deaf and hard of  
hearing people

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**British Tinnitus Association** | **Corporate Member 2016/17**