

# WELLBEING WALK EPSOM DOWNS

Our walk for health in the Epsom Downs is back.

Due to social distancing rules, a maximum of 8 people can join (+ 2 walk leaders). We will meet outside the Beefeater at Tattenham Corner and walkers will be expected to respect social distancing rules throughout the walk.

**Only people with pre-booked places will be able to attend.**  
**See below for booking link.**



**Weekly from Thursday 6 May 2021**  
**11am-12pm**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, please visit:

<https://www.ymcaeast Surrey.org.uk/our-services/health-wellbeing/health-walks/book-a-walk/>

Or contact Anna on 07432510493 or at [anna@maryfrancestrust.org.uk](mailto:anna@maryfrancestrust.org.uk) (Tues, Wed, Thurs only)



Inspiring Mental Wellbeing



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