

WELLBEING WALK

WALTON-ON-THAMES

Join our new weekly walk for health in Walton-on-Thames. We will meet outside the Wilde Brunch Cafe by Walton Bridge Carpark and walkers will be expected to respect social distancing rules throughout the walk. No need to book, just turn up!



Thursdays at 1pm-2pm

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, you need to register with MFT first (if you haven't already) at www.maryfrancestrust.org.uk and then contact us via email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722 (SMS Service)



Inspiring Mental Wellbeing