

# WELLBEING WALK EPSOM DOWNS

Join us for a special, extended walk on the Epsom Downs in celebration of World Mental Health Day.

Taking in the beautiful sights and fresh air, we will walk over to the carved benches in the Centenary Woods in Langley Vale.

The walk should take around 2.5 hours and walkers are advised to bring some refreshments to enjoy along the way.

When: Thursday 14 October 2021

Time: 11am-1.30pm

Venue: Meet outside the Beefeater at Tattenham Corner



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

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

**MFT** MARY  
FRANCES  
TRUST

Inspiring Mental Wellbeing



Registered Charity 1055113