

MAKE NUTRITION WORK FOR YOU

This 4-week course will help you have a greater understanding of nutrition, its effect in our life and how to improve our eating habits to boost our confidence and performance in our personal and professional life.

This course is delivered by Work Stress Solutions and you will need to register by 3 June with them to be booked onto the course (we can help you with this when you contact MFT).



**From Tuesday 7 June 2021, 11am-12.30pm
At Banstead Youth Centre, The Horseshoe
Banstead SM7 2BQ**

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 and then contact:
01372 375400, text 07929 024722 (SMS service only), email
info@maryfrancestrust.org.uk or visit
www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing