

WELLBEING WALK

WALTON-ON -THAMES

Join our weekly walk for wellbeing in Walton-on-Thames. We will meet outside the Wilde Brunch Cafe by Walton bridge carpark. No need to book, just turn up! (however, you will need to be registered with us. See information below about how to register).



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 and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code →



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Inspiring Mental Wellbeing