

# MARTIAL ARTS FOR MEN

Fancy a challenge?

We are running the hugely popular Martial Arts for Men course great for:

Fitness  
Confidence  
Socialising  
Self-esteem  
Mental wellbeing

Come and join our friendly group.  
All levels welcome.



All equipment provided. This course is delivered by Mark Hayward, GB Olympic coach and will focus on both theory and practice.

**6 weeks from Wednesday 10 September 2025**

**7.30pm-8.30pm**

**At The Leatherhead Hub**

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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code



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Inspiring Mental Wellbeing