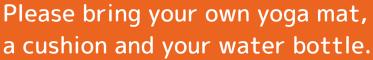
YOGA FOR WELLBEING

This ongoing group will help you discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.





Tuesdays, 3.30pm to 4.30pm

Please contact MFT for course dates

At The Banstead Community Centre, The Horseshoe,

Bolters Lane, 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, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk or scan our QR code



