

WELLBEING WALK

EPSOM DOWNS

Join us on our weekly
Wellbeing Walk
in Epsom

Walkers of all abilities
are welcome on this
one-hour, gentle walk.
As long as you are
registered with MFT,
you can just turn up
on the day.



Weekly on Thursdays, 11am-12pm
Epsom

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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TRUST
Inspiring Mental Wellbeing