

TABLE TENNIS

Join Our 6-Week Table Tennis for Wellbeing Course!

Looking for a fun way to boost your mood, stay active, and meet new people?

Come along and enjoy weekly coached sessions designed for all abilities.

- ✓ Improve physical fitness
- ✓ Reduce stress
- ✓ Build confidence
- ✓ Learn new skills



No experience needed – everyone welcome!

All equipment provided

6 weeks from Thursday 8 January 2026

10am-11am

Leatherhead

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



Inspiring Mental Wellbeing