

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



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Inspiring Mental Wellbeing