

# ZUMBA

## DANCING FOR HEALTH

Join our 45-minute easy-to-follow basic steps and simple dance combinations. Zumba is for everyone and no dance background required. It is proven that movement to music can uplift our mood and make us feel good.

The sessions will be facilitated by Jayne who is a qualified Zumba Instructor.



**Thursday, Bi-weekly  
6pm on Zoom.**

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, register with MFT first, download Zoom, then we'll send you the link.  
Phone: 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)

**MFT** MARY  
FRANCES  
TRUST  
Inspiring Mental Wellbeing