

ONLINE QUIZ

**The MFT online quiz is
relaunching.**

Open to all.

**With a huge range of
subjects and categories.**

**Guess the song, name
the film, general
knowledge.**

**There will be something
for everyone.**



**Monday 19 January, 9, 23 February 4pm
Online on Zoom**

**MFT supports adults in Surrey to improve and maintain their mental
wellbeing through one-to-one support, courses, groups and activities.**

**01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code**



MFT MARY
FRANCES
TRUST
Inspiring Mental Wellbeing