

# WALKING GROUP

"Walking improves well being and helps fight stress and depression.

Walking in a group is a sociable activity that can help improve mental health and overcome feelings of isolation".

(Ramblers)

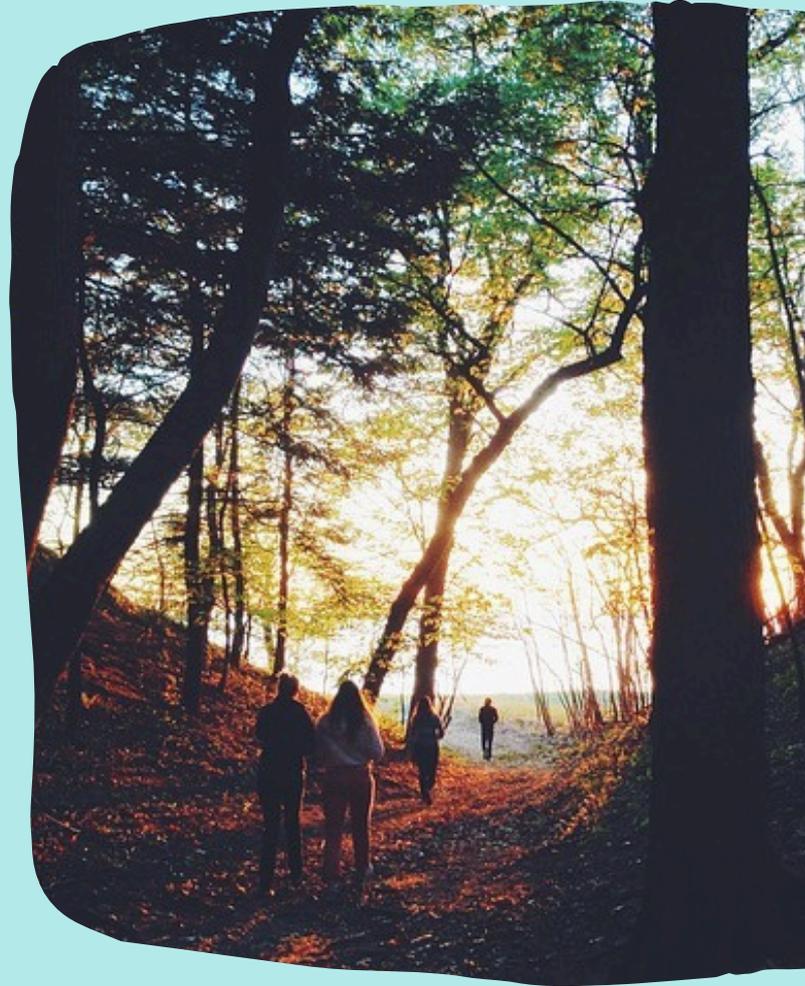
This ongoing session will help you to discover how to achieve greater confidence, a more balanced life and improved emotional and physical health, wellbeing and resilience.

Start Date: Thursdays

Duration: Bi Weekly

Times: 1-2pm

Venue: Details on registration



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 will need to register with MFT first and then contact: 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)



Inspiring Mental Wellbeing