

WELLBEING WALK

WALTON

Join us on our weekly Wellbeing Walk in Walton.

A simple way to clear your mind, connect with others, and enjoy the outdoors.



Weekly on Thursdays
1pm-2pm

Walton

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

To attend, you need to register with MFT first (if you haven't already) at www.maryfrancestrust.org.uk and then contact us via email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722 (SMS Service)



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Inspiring Mental Wellbeing