

S.E.E. TO YOUR HOLISTIC HEALTH & HAPPINESS

A 4-Week Wellbeing Course to help improve how you Sleep, Eat and Exercise and how you SEE yourself and the world.

Over the course you will learn about and apply Happy Head Heath's proven S.E.E. to your holistic health and happiness framework.



Starts Tuesday 13 October 7pm-8pm
Online - Zoom login sent 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 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