



MFT are running a 4-week Weight Management course which will teach you about how to manage your weight via healthy eating and exercise.

Course dates:
24th, 31st July
7th, 14th August

The course will be held at: 5:00pm-6:30pm
1, The Quintet,
Churchfield Road,
Walton-on-Thames,
KT12 2TZ.

The course will cover various topics each week, give you the knowledge to live a healthier lifestyle and improve your wellbeing.

To join, you need to register with Mary Frances Trust
You can contact MFT by:
Tel: 01372 375400, Text: 07929 024722
email: info@maryfrancestrust.org.uk

Weight Management Course

Free 4-week course

Places are limited,
so please book
early

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery.

MARY FRANCES TRUST

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www.maryfrancestrust.org.uk



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