



Did you know developing a mindfulness practice can help with:

- ◇ Stress, anxiety or depression
- ◇ Insomnia, panic attacks, racing thoughts
- ◇ Chronic pain
- ◇ Gastrointestinal issues

Come along to our weekly mindfulness sessions to discover the benefits of a consistent practice

10.30-11am, Mondays,
Brickfield Centre Portland
Place, Epsom, KT17 1DL

12.30-1pm, Wednesdays,
MFT office, Banstead Civic
Centre, The Horseshoe,
SM7 2BQ

To book, or for more information email us at info@maryfrancestrust.org.uk

Mary Frances Trust is a local emotional wellbeing charity, to find out more visit maryfrancestrust.org.uk, email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722.