



SUSTAINABILITY

Did you know that improving your environment can improve your wellbeing?

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| 15 Jan | Inviting nature into your space |
| 19 Feb | Make your own toothpaste |
| 19 March | Decluttering joy |
| 16 April | Storage solutions |
| 21 May | Create a herb garden |
| 18 June | Trailing trees |

Every third Tuesday, 2-3pm

Brickfield Centre, Portland Place, Epsom KT17 1DL.

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