

MANAGING YOUR EMOTIONAL HEALTH & DIABETES POST-COVID

This 4-week course will help you develop the skills, knowledge and understanding you need to support your own mental health and manage your diabetes. You'll have the opportunity to meet speakers from Public Health England, Active Surrey and IAPT Services. The course will cover mental health, foot care, diet and physical activity.

To book your place, you need to register with MFT first. For further information and registration, contact Parvin on 07380857701 or Lieneke on 07764 906220. The deadline for registration is 21 August 2020.



Starting Tuesday 8 September 2020 at 5pm on Zoom

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

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email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

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