

Dingwall Living Better Group Sep to Dec 2025



**Community Centre, Old Academy Building
Tulloch Street, Dingwall IV15 9JZ**



11am - 1pm

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.

No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees

WEDNESDAY 10TH SEPTEMBER

CANCELLED

WEDNESDAY 8TH OCTOBER

WEDNESDAY 12TH NOVEMBER

WEDNESDAY 10TH DECEMBER



Marion@myself-management.org



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