

## MySelf-Management Living Better Groups - Dingwall & Muir of Ord

Please do not attend if anyone in your household is unwell with Covid-19 symptoms



### Dingwall Living Better - Community Centre, 2nd Wednesday of the month, 11am-1pm

**AUG**  
No Meeting

**SEP**  
11th

**OCT**  
9th

**NOV**  
13th

**DEC**  
11th

### Muir of Ord Living Better - The Muir Hub, 2nd Wednesday of the month, 2-4pm

**AUG**  
No Meeting

**SEP**  
11th

**OCT**  
9th

**NOV**  
13th

**DEC**  
11th

Contact Marion - [marion@myself-management.org](mailto:marion@myself-management.org) for more info / to book