

Living Better Online

January 2026 week 4

These sessions are held on Teams



MONDAY 26TH JANUARY

4.00PM

LONG COVID CHAT WITH JOANNE/MARY

MONDAY 26TH JANUARY

6.30PM

TAI CHI WITH MARY

TUESDAY 27TH JANUARY

2.00PM

GUIDED RELAXATION WITH RUTH

TUESDAY 27TH JANUARY

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 28TH JANUARY

9:15AM

MINI TAI CHI WITH MARY

WEDNESDAY 28TH JANUARY

3.00PM

**MEMBERS LED COFFEE & CHAT
WITH RUTH**

THURSDAY 29TH JANUARY

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 30TH JANUARY

9.15AM

MINI TAI CHI WITH MARY



penny@myself-management.org
info@myself-management.org