# Inverness Living Better Group

## October - December 2026

**The Bike Shed,**
**23 Grant Street, Inverness IV3 8BN**

**10.30am - 12.30pm**

****PLEASE NOTE A CHANGE OF TIME AND ADDRESS FROM DECEMBER - SEE TEXT ON THE RIGHT****

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

**TUESDAY 6th OCTOBER**

**TUESDAY 3RD NOVEMBER**

**TUESDAY 1ST DECEMBER**

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