

Living Better Online

December 2025 week 3

These sessions are held on Teams



MONDAY 15TH DECEMBER	11.00AM	MONDAY MOMENT XMAS CHAT WITH KIRSTEEN
MONDAY 15TH DECEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 16TH DECEMBER	2.00PM	GUIDED RELAXATION WITH RUTH
TUESDAY 16TH DECEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 17TH DECEMBER	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 17TH DECEMBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
WEDNESDAY 17TH DECEMBER	7.30PM	SOUND THERAPY WITH ANNE MARIE
THURSDAY 18TH DECEMBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 19TH DECEMBER	9:15AM	MINI TAI CHI WITH MARY



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