

Living Better Online

September 2026 week 1



These sessions are held on Teams

TUESDAY 1ST SEPTEMBER

3.00PM

**GENTLE SEATED MOVEMENT
WITH KATE**

WEDNESDAY 2ND SEPTEMBER

9.15AM

MINI TAI CHI WITH MARY

THURSDAY 3RD SEPTEMBER

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 4TH SEPTEMBER

9.15AM

MINI TAI CHI WITH MARY



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