

Living Better Online

June 2026 week 2

These sessions are held on Teams



MONDAY 8th JUNE

11.00AM

MONDAY MOMENT WITH KIRSTEEN

MONDAY 8th JUNE

6.30PM

TAI CHI WITH MARY

TUESDAY 9th JUNE

2.00PM

**GENTLE SEATED MOVEMENT
WITH KATE**

TUESDAY 9th JUNE

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 10th JUNE

9:15AM

MINI TAI CHI WITH MARY

WEDNESDAY 10th JUNE

3.00PM

MEMBERS LED COFFEE & CHAT

THURSDAY 11th JUNE

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 12th JUNE

9.15AM

MINI TAI CHI WITH MARY



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