



## MySelf-Management Living Better Groups - Inverness / Nairn Garden Visits

Please do not attend if anyone in your household is unwell with Covid-19 symptoms

Contact Ruth - on 07521 503 144 or [ruth@myself-management.org](mailto:ruth@myself-management.org) for more info

### Garden Visit Group - 2nd Monday of each month 1 - 3pm

**AUG**  
**12th**

**SEP**  
**9th**

**OCT**  
**14th**

**NOV**  
**11th**

**DEC**  
**9th**

This group meets at a different location each month which is published on our social media. Regular group members are also updated by email. Contact Ruth to check the venue for the next visit.

[www.myself-management.org](http://www.myself-management.org) @MySelfManage