

Nairn

Living Better Group

Sep - Dec 2025



Nairn Community Centre
King Street, Nairn IV12 4BQ



1.00 - 3.00pm

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


WEDNESDAY 3RD SEPTEMBER

WEDNESDAY 1ST OCTOBER

WEDNESDAY 5TH NOVEMBER

WEDNESDAY 3RD DECEMBER

 ruth@myself-management.org

 **07895 003552**