Alness
Living Better Group
Oct - December 2026

The Capstone Center, 1-5 Obsdale Road, IV17 OTY

11.30 - 1.30 pm

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 7TH OCTOBER

WEDNESDAY 4TH NOVEMBER

DECEMBER TBC

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