# Muir of Ord Living Better Group

## October - December 2026

**The Muir Hub**
**Great North Road, Muir Of Ord IV6 7SU**

**10.30am-12.30pm**

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 28TH OCTOBER**

**WEDNESDAY 25TH NOVEMBER** CANCELLED

**DECEMBER TBC** CANCELLED

marion@myself-management.org

**07521 503144**