

## MySelf-Management Living Better Groups - Tain & Dornoch



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

### Tain Living Better - Tain Youth cafe, 17 Stafford Street, Tain, IV19 1AZ - 11am - 1pm

<b>AUG</b> No Meeting	<b>SEP</b> 26th	<b>OCT</b> 24th	<b>NOV</b> 28th	<b>DEC</b> No Meeting
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### Dornoch Living Better - West Church Hall, 2 - 4pm

<b>AUG</b> No Meeting	<b>SEP</b> 26th	<b>OCT</b> 24th	<b>NOV</b> 28th	<b>DEC</b> No Meeting
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Contact Marion - [marion@myself-management.org](mailto:marion@myself-management.org) for more info / to book