Living Better Online

November 2026 week 4

These sessions are held on Teams

MONDAY 23TH NOVEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 24TH NOVEMBER	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 24TH NOVEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 25TH NOVEMBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 25TH NOVEMBER	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 25TH NOVEMBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH CLAIRE
THURSDAY 26TH NOVEMBER	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 26TH NOVEMBER	7.00PM	NOVEMBER QUIZ WITH JOANNE
FRIDAY 27TH NOVEMBER	9:15AM	MINI TAI CHI WITH MARY

penny@myself-management or info@myself-management.org