

Living Better Online

July 2026 week 2

These sessions are held on Teams

MONDAY 6TH JULY	6.30PM	TAI CHI WITH MARY
TUESDAY 7TH JULY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 8TH JULY	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 8TH JULY	3.00PM	MEMBERS LED COFFEE & CHAT WITH JOANNE
THURSDAY 9TH JULY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 10TH JULY	9.15AM	MINI TAI CHI WITH MARY



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