

Living Better Online

September 2026 week 4

These sessions are held on Teams



MONDAY 21ST SEPTEMBER

6.30PM

TAI CHI WITH MARY

TUESDAY 22ND SEPTEMBER

2.00PM

GUIDED RELAXATION WITH VAL

TUESDAY 22ND SEPTEMBER

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 23RD SEPTEMBER

9:15AM

MINI TAI CHI WITH MARY

WEDNESDAY 23RD SEPTEMBER

2.00PM

**LIVING WITH PERSISTENT PAIN
CHAT WITH KATE**

WEDNESDAY 23RD SEPTEMBER

3.00PM

MEMBERS LED COFFEE & CHAT

THURSDAY 24TH SEPTEMBER

4.45PM

MINI TAI CHI WITH MARY

THURSDAY 24TH SEPTEMBER

7.00PM

SEPTEMBER QUIZ WITH JOANNE

FRIDAY 25TH SEPTEMBER

9.15AM

MINI TAI CHI WITH MARY



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