


Wick Living Better Group Jan -June 2025



 **Nucleus, Wick Airport**

 **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

MONDAY 3RD FEBRUARY


MONDAY 3RD MARCH

MONDAY 7TH APRIL

MONDAY 5TH MAY

MONDAY 2ND JUNE

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