

Living Better Online

June 2026 week 1



These sessions are held on Teams

MONDAY 1 ST JUNE	6.30PM	TAI CHI WITH MARY
TUESDAY 2 ND JUNE	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 2 ND JUNE	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 3 RD JUNE	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 3 RD JUNE	3.00PM	MEMBERS LED COFFEE & CHAT
THURSDAY 4 TH JUNE	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 5 TH JUNE	9:15AM	MINI TAI CHI WITH MARY

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

