

Living Better Online

May 2026 week 3



These sessions are held on Teams

MONDAY 18 TH MAY	6.30PM	TAI CHI WITH MARY
TUESDAY 19 TH MAY	2.00PM	GUIDED RELAXATION
TUESDAY 19 TH MAY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 20 TH MAY	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 20 TH MAY	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 20 TH MAY	3.00PM	MEMBERS LED COFFEE & CHAT
THURSDAY 21 ST MAY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 22 ND MAY	9.15AM	MINI TAI CHI WITH MARY



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