

# MySelf-Management Living Better Groups - Caithness

Please do not attend if anyone in your household is unwell with Covid-19 symptoms  
Contact Kirsteen - on 07454 905 383 or [kirsteen@myself-management.org](mailto:kirsteen@myself-management.org) or just come along



## Wick - 1st Monday of each month 10.30am - 12.30pm at Nucleus, Wick Airport

<b>AUG</b> No meeting	<b>SEP</b> 2nd	<b>SEP</b> 30th	<b>NOV</b> 4th	<b>DEC</b> 2nd
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## Thrumster Boccia - 3rd Monday of each month 11am - 1pm at Thrumster Hall

<b>JUL</b> 15th	<b>AUG</b> 19th	<b>SEP</b> 16th	<b>OCT</b> 21st	<b>NOV</b> 18th	<b>DEC</b> 16th
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## Thurso - 4th Monday of each month 11am - 1pm at United Reformed Church

<b>JUL</b> No meeting	<b>AUG</b> 26th	<b>SEP</b> 23rd	<b>OCT</b> 28th	<b>NOV</b> 25th
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