

Living Better Online

March 2026 week 2

These sessions are held on Teams



MONDAY 9 th MARCH	11.00AM	MONDAY MOMENT WITH KIRSTEEN
MONDAY 9 th MARCH	6.30PM	TAI CHI WITH MARY
TUESDAY 10 th MARCH	2.00PM	GUIDED RELAXATION WITH RUTH
TUESDAY 10 th MARCH	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 11 th MARCH	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 11 th MARCH	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 12 th MARCH	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 13 th MARCH	9.15AM	MINI TAI CHI WITH MARY



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