

# Alness Living Better Group **May - Jul 2025**



**The Capstone Center, 1-5 Obsdale  
Road, IV17 OTY**



**12.30 - 2.30 pm**

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

**WEDNESDAY 7TH MAY**

**WEDNESDAY 4<sup>TH</sup> JUNE**

**WEDNESDAY 2ND JULY**



[marion@myself-management.org](mailto:marion@myself-management.org)



**07521 503144**