

Living Better Online

June/July 2026 week 5/1



These sessions are held on Teams

MONDAY 29TH JUNE

4.00PM

LONG COVID CHAT WITH JOANNE

MONDAY 29TH JUNE

6.30PM

TAI CHI WITH MARY

TUESDAY 30TH JUNE

2.00PM

**GUIDED RELAXATION
WITH VAL**

WEDNESDAY 1ST JULY

3.00PM

MEMBERS LED COFFEE & CHAT



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