Nairn
Living Better Group
October - December 2026

Nairn Community Centre
King Street, Nairn IV12 4BQ

1.00 - 3.00pm

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 OCTOBER

WEDNESDAY 4TH NOVEMBER

WEDNESDAY 2ND DECEMBER

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