Living Better Online

November 2026 week 1

These sessions are held on Teams

TUESDAY 3RD NOVEMBER	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 3RD NOVEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 4TH NOVEMBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 4TH NOVEMBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH VICKI
THURSDAY 5TH NOVEMBER	4.45PM	MINI TAI CHI WITH MARY

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