

Living Better Online

December 2025 week 2



These sessions are held on Teams

MONDAY 8TH DECEMBER

6.30PM

TAI CHI WITH MARY

TUESDAY 9TH DECEMBER

11.00AM

**LIVING WITH PERSISTENT PAIN
CHAT WITH KATE**

TUESDAY 9TH DECEMBER

3.00PM

**GENTLE SEATED MOVEMENT
WITH KATE**

TUESDAY 9th DECEMBER

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 10TH DECEMBER

9.15AM

MINI TAI CHI WITH MARY

WEDNESDAY 10TH DECEMBER

3.00PM

**MEMBERS LED COFFEE & CHAT
WITH MARY**

THURSDAY 11TH DECEMBER

4.45PM

MINI TAI CHI WITH MARY

THURSDAY 11TH DECEMBER

7.00PM

CROMARTY POTTERY DEMO

FRIDAY 12TH DECEMBER

9:15AM

MINI TAI CHI WITH MARY



penny@myself-management or info@myself-management.org