

Thurso

Living Better Group

July - Dec 2025



United Reform Church, Thurso



11am - 1pm

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

MONDAY 28TH JULY

MONDAY 25TH AUGUST

MONDAY 22ND SEPTEMBER

NO MEETING IN OCTOBER

MONDAY 24TH NOVEMBER



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