

Living Better Online

December 2025 week 1



These sessions are held on Teams

MONDAY 1ST DECEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 2ND DECEMBER	2.00PM	GUIDED RELAXATION WITH RUTH
TUESDAY 2ND DECEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 3RD DECEMBER	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 3RD DECEMBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH VICKI
THURSDAY 4TH DECEMBER	2.00PM	FORUM WITH JOANNE & MARY
THURSDAY 4TH DECEMBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 5TH DECEMBER	9:15AM	MINI TAI CHI WITH MARY



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