

MySelf-Management Living Better Groups - Dingwall & Muir of Ord

Please do not attend if anyone in your household is unwell with Covid-19 symptoms



Dingwall Living Better - Community Centre, 2nd Wednesday of the month, 11am-1pm

AUG
No Meeting

SEP
11th

OCT
9th

NOV
13th

DEC
No Meeting

Muir of Ord Living Better - The Muir Hub, 2nd Wednesday of the month, 2-4pm

AUG
No Meeting

SEP
11th

OCT
9th

NOV
13th

DEC
No Meeting

Contact Marion - marion@myself-management.org for more info / to book