

Living Better Online

March 2026 week 3



These sessions are held on Teams

MONDAY 16 TH MARCH	6.30PM	TAI CHI WITH MARY
TUESDAY 17 TH MARCH	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 17 TH MARCH	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 18 TH MARCH	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 18 TH MARCH	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 18 TH MARCH	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
WEDNESDAY 18 TH MARCH	7.30PM	SOUND THERAPY WITH ANN MARIE
THURSDAY 19 TH MARCH	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 19 TH MARCH	7.00PM	DIABETES AWARENESS TALK
FRIDAY 20 TH MARCH	9:15AM	MINI TAI CHI WITH MARY



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