

Living Better Online

September 2026 week 5



These sessions are held on Teams

MONDAY 28TH SEPTEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 29TH SEPTEMBER	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 29TH SEPTEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 30TH SEPTEMBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 30TH SEPTEMBER	3.00PM	MEMBERS LED COFFEE & CHAT
THURSDAY 1ST OCTOBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 2ND OCTOBER	9.15AM	MINI TAI CHI WITH MARY



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