

Living Better Online

July 2026 week 5



These sessions are held on Teams

MONDAY 27 TH JULY	4.00PM	LONG COVID CHAT WITH MARY
MONDAY 27 TH JULY	6.30PM	TAI CHI WITH MARY
TUESDAY 28 TH JULY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 29 TH JULY	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 29 TH JULY	3.00PM	MEMBERS LED COFFEE & CHAT WITH ANGELA
THURSDAY 30 TH JULY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 31 ST JULY	9:15AM	MINI TAI CHI WITH MARY



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