

Inverness

Living Better Group

Sep - Dec 2025



Venue TBC



11am - 1pm

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.


No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees


**MONDAY 1ST SEPTEMBER
CAFE ARTYSANS**

NO MEETING IN OCTOBER

MONDAY 3RD NOVEMBER

MONDAY 1ST DECEMBER

 ruth@myself-management.org

 **07895 003552**