

# Living Better Online

**May 2026 week 3**



These sessions are held on Teams

MONDAY 18 <sup>TH</sup> MAY	6.30PM	TAI CHI WITH MARY
TUESDAY 19 <sup>TH</sup> MAY	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 19 <sup>TH</sup> MAY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 20 <sup>TH</sup> MAY	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 20 <sup>TH</sup> MAY	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 20 <sup>TH</sup> MAY	3.00PM	MEMBERS LED COFFEE & CHAT
THURSDAY 21 <sup>ST</sup> MAY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 22 <sup>ND</sup> MAY	9.15AM	MINI TAI CHI WITH MARY



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