



## MySelf-Management Living Better Groups - Inverness

Please do not attend if anyone in your household is unwell with Covid-19 symptoms

### Inverness Living Better - 1st Monday of each month 11:15am - 1:15pm at Spectrum Cen-

<b>Aug</b> No meeting	<b>Sep</b> 2nd	<b>Oct</b> 7th	<b>Nov</b> 4th	<b>Dec</b> 2nd
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### Inverness Boccia - 3rd Wednesday of each month 2 - 4pm at Spectrum Centre

<b>Aug</b> 21st	<b>Sep</b> 18th	<b>Oct</b> 16th	<b>Nov</b> 20th	<b>Dec</b> 18th
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Contact Ruth - on 07521 503 144 or [ruth@myself-management.org](mailto:ruth@myself-management.org) for more info or just turn up on the day

[www.myself-management.org](http://www.myself-management.org) @MySelfManage