

Living Better Online

September 2026 week 2



These sessions are held on Teams

MONDAY 7 TH SEPTEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 8 TH SEPTEMBER	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 8 TH SEPTEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 9 TH SEPTEMBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 9 TH SEPTEMBER	3.00PM	MEMBERS LED COFFEE & CHAT
THURSDAY 10 TH SEPTEMBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 11 TH SEPTEMBER	9:15AM	MINI TAI CHI WITH MARY



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