

Living Better Online

June 2026 week 3



These sessions are held on Teams

TUESDAY 16 TH JUNE	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 16 TH JUNE	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 17 TH JUNE	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 17 TH JUNE	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 17 TH JUNE	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 18 TH JUNE	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 19 TH JUNE	9.15AM	MINI TAI CHI WITH MARY



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