

Thurso

Living Better Group

July - September 2026



United Reform Church, Thurso



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 24TH FEBRUARY

MONDAY 18TH MAY

MONDAY 22ND JUNE

MONDAY 27TH JULY

CANCELLED



info@myself-management.org



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