

Living Better Online

July 2026 week 4



These sessions are held on Teams

MONDAY 20 TH JULY	6.30PM	TAI CHI WITH MARY
TUESDAY 21 ST JULY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 22 ND JULY	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 22 ND JULY	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 22 ND JULY	3.00PM	MEMBERS LED COFFEE & CHAT WITH VAL
THURSDAY 23 RD JULY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 24 TH JULY	9.15AM	MINI TAI CHI WITH MARY



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