Living Better Online

September 2026 week 4

These sessions are held on Teams

MONDAY 21ST SEPTEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 22ND SEPTEMBER	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 22ND SEPTEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 23RD SEPTEMBER	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 23RD SEPTEMBER	2.00PM	LIVING WITH PERSISTENT PAIN CHAT WITH KATE
THURSDAY 24TH SEPTEMBER	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 24TH SEPTEMBER	7.00PM	SEPTEMBER QUIZ WITH JOANNE
FRIDAY 25TH SEPTEMBER	9.15AM	MINI TAI CHI WITH MARY

penny@myself-management.org or info@myself-management.org