

Living Better Online

June/July 2026 week 5/1

These sessions are held on Teams



MONDAY 29TH JUNE

4.00PM

LONG COVID CHAT WITH JOANNE

MONDAY 29TH JUNE

6.30PM

TAI CHI WITH MARY

TUESDAY 30TH JUNE

2.00PM

**GUIDED RELAXATION
WITH VAL**

TUESDAY 30TH JUNE

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 1ST JULY

9.15AM

MINI TAI CHI WITH MARY

WEDNESDAY 1ST JULY

3.00PM

**MEMBERS LED COFFEE & CHAT
WITH ANGELA**

THURSDAY 2ND JULY

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 3RD JULY

9:15AM

MINI TAI CHI WITH MARY



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