


Alness

Living Better Group

July - September 2026



 **The Capstone Center, 1-5 Obsdale Road, IV17 0TY**

 **12.00 - 2.00 pm**

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

NO MEETING IN JULY

NO MEETING IN AUGUST

WEDNESDAY 2ND SEPTEMBER

 marion@myself-management.org

 **07521 503144**