

Living Better Online

January 2026 week 3

These sessions are held on Teams



MONDAY 19TH JANUARY

6.30PM

TAI CHI WITH MARY

TUESDAY 20TH JANUARY

3.00PM

**GENTLE SEATED MOVEMENT
WITH KATE**

TUESDAY 20TH JANUARY

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 21ST JANUARY

9.15AM

MINI TAI CHI WITH MARY

WEDNESDAY 21ST JANUARY

2.00PM

**LIVING WITH PERSISTENT PAIN
CHAT WITH KATE**

WEDNESDAY 21ST JANUARY

3.00PM

**MEMBERS LED COFFEE & CHAT
WITH KATE**

WEDNESDAY 21ST JANUARY

7.30PM

SOUND THERAPY WITH ANNE MARIE

THURSDAY 22ND JANUARY

4.45PM

MINI TAI CHI WITH MARY

THURSDAY 22ND JANUARY

7.00PM

V&A GARDEN FUTURES TALK

FRIDAY 23RD JANUARY

9:15AM

MINI TAI CHI WITH MARY



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