

Living Better Online

January 2026 week 1



These sessions are held on Teams

MONDAY 5TH JANUARY

11.00AM

**MONDAY MOMENT
WITH KIRSTEEN**

MONDAY 5TH JANUARY

6.30PM

TAI CHI WITH MARY

TUESDAY 6TH JANUARY

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 7TH JANUARY

9:15AM

MINI TAI CHI WITH MARY

WEDNESDAY 7TH JANUARY

3.00PM

**MEMBERS LED COFFEE & CHAT
WITH KATE**

THURSDAY 8TH JANUARY

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 9TH JANUARY

9.15AM

MINI TAI CHI WITH MARY



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