

Living Better Online

September 2026 week 3



These sessions are held on Teams

MONDAY 14TH SEPTEMBER

6.30PM

TAI CHI WITH MARY

TUESDAY 15th SEPTEMBER

3.00PM

**GENTLE SEATED MOVEMENT
WITH KATE**

TUESDAY 15TH SEPTEMBER

4.45PM

MINI TAI CHI WITH MARY

WEDNESDAY 16th SEPTEMBER

9.15AM

MINI TAI CHI WITH MARY

WEDNESDAY 16TH SEPTEMBER

3.00PM

**BODY BOOST BINGO
MEMBERS LED CHAT WITH MARY**

THURSDAY 17th SEPTEMBER

4.45PM

MINI TAI CHI WITH MARY

FRIDAY 18TH SEPTEMBER

9.15AM

MINI TAI CHI WITH MARY



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