



Get out and about with MySelf-Management this Summer

- **Singleton Distillery Tour**, Muir of Ord, 1st July, 11am, £24pp book direct in advance
- **Castle Tour**, Inverness, 6th July, from 10am (10 min slots), £20 or £18pp over 65, book direct in advance
- **Nairn Beach Wheelchair Day**, 14th July, 10-12pm, £3 donation on day
- **North Coast Glass**, Tain, 27th July, 12.30-2.30pm, £35pp, book with us in advance, limited spaces
- **Old Town of Leys Garden Visit**, Inverness, 5th August, 2-4pm, £3 donation on the day
- **Loch View Rural Training**, Lairg, 10th August, 11am-1.30pm, £15pp funded but packed lunch required, book with us in advance
- **Dornoch Beach Wheelchair Day**, 13th August, 10.30am-1pm, £3 donation on day
- **Craft & Bocchia Day**, Alness, 20th August, 10am-3pm, £10pp, book in advance, limited spaces and £20 on the day to join in the Crafts
- **'We Will Rock You' Eden Court**, 20th August, 7.30pm, £35pp book direct in advance
- **Crazy Golf**, Bught Park, Inverness 25th August, 11am-1pm, £5 on day



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