



MySelf-Management Living Better Groups - Nairn

Please do not attend if anyone in your household is unwell with Covid-19 symptoms

Nairn - 1st Wednesday of each month at the Community Centre - times vary, see below

AUG No meeting	SEP 4th 2.15- 4.15pm	OCT 2nd 1.00- 3.00pm	NOV 5th 1.00- 3.00pm	DEC 4th 1.00- 3.00pm
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Contact Ruth - on 07521 503 144 or ruth@myself-management.org for more info or just turn up on the day

www.myself-management.org @MySelfManage