

# Dingwall

## Living Better Group

### July - September 2026



**Community Centre, Old Academy Building  
Tulloch Street, Dingwall IV15 9JZ**



**11am - 1pm**

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.

No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees

**NO MEETING IN JULY**

**NO MEETING IN AUGUST**

**WEDNESDAY 9<sup>TH</sup> SEPTEMBER**

**WEDNESDAY 11TH JUNE**



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