

Living Better Online

July 2026 week 3



These sessions are held on Teams

MONDAY 13 TH JULY	11.00AM	MONDAY MOMENT WITH ANGELA
TUESDAY 14 TH JULY	2.00PM	GUIDED RELAXATION WITH VICKI
TUESDAY 14 TH JULY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 15 TH JULY	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 15 TH JULY	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 16 TH JULY	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 17 TH JULY	9:15AM	MINI TAI CHI WITH MARY



penny@myself-management or info@myself-management.org