

# Nairn

## Living Better Group

### Jan -April 2025



**Nairn Community Centre**  
**King Street, Nairn IV12 4BQ**



**1.00 - 3.00pm**

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


**WEDNESDAY 5TH MARCH**

**WEDNESDAY 2ND APRIL**

**WEDNESDAY 7TH MAY**

**WEDNESDAY 4TH JUNE**

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