

Inverness

Living Better Group

Jan -April 2025



Spectrum Centre

1 Margaret Street, Inverness IV1 1LS



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


MONDAY 6TH JANUARY

MONDAY 3RD FEBRUARY

MONDAY 3RD MARCH

MONDAY 7TH APRIL

 ruth@myself-management.org

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