

# Thurso

## Living Better Group

### Jan -June 2025



**United Reform Church, Thurso**



**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 24TH FEBRUARY**

**MONDAY 24TH MARCH**

**MONDAY 28TH APRIL**

**MONDAY 26TH MAY**

**MONDAY 23RD JUNE**

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