

Dingwall

Living Better Group

Feb - June 2025



**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

WEDNESDAY 12TH FEBRUARY

WEDNESDAY 12TH MARCH

WEDNESDAY 9TH APRIL

WEDNESDAY 14TH MAY

WEDNESDAY 11TH JUNE



Marion@myself-management.org



07521 503144