



# Living Better

with a long term condition in

## Inverness & Nairn

Monthly peer support group meetings

Day	Venue	Time	Dates		
Mon	St John's Church Hall, Southside Rd IV2 3BG	11 - 1	7th Nov	5th Dec	6th Feb
Mon	Garden Visits various venues	1 - 3	14th Nov	9th Jan	13th Feb
Wed	Inverness Boccia Spectrum Centre	2.30 - 4	16th Nov	18th Jan	15th Feb
Mon	Inverness Balloch Village Hall	12.30 - 2.30	24th Oct	28th Nov	23rd Jan
Wed	Nairn Community Centre	2 - 4	2nd Nov	7th Dec	1st Feb

**To be considerate to others, please do not attend if you or anyone in your household is unwell with respiratory or Covid-19 symptoms.**

Contact [lgowitruth@highlandtsi.org.uk](mailto:lgowitruth@highlandtsi.org.uk) or 07521 503144

**We also offer online activities including**

Self management & long covid eLearning modules

Informal and self management themed chats

Wellbeing e.g. mindful movement & sound therapy

**For more information see [www.lgowit.org](http://www.lgowit.org) and our social media @LGOWIT**