



Living Better

with a long term condition in

Muir of Ord, Dingwall, Tain & Dornoch

Monthly peer support group meetings

Day	Venue	Time	Dates		
Wed	Dingwall Community Centre	11 - 1	9th Nov	14th Dec	11th Jan
Wed	Muir of Ord Muir Hub	2 - 4	9th Nov	14th Dec	11th Jan
Thur	Invergordon Episcopal Church Hall	2 - 4	Winter Break		
Wed	Tain 12 Tower St	11 - 1	26th Oct	23rd Nov	25th Jan
Wed	Dornoch West Church Hall	2 - 4	26th Oct	23rd Nov	25th Jan

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 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 and our social media @LGOWIT