



## Living Better Online Jan - Feb 2023

January			Contact
Tue 24th	2pm	Coffee Chat	Kate
Thur 26th	7pm	Abdominal Aortic Aneurysm & Bowel Screening Talk with Jane Chandler NHS Health Improvement	Mary **
Tue 31st	6.30pm	Go Digital Highland demo and support Q/A *	Spike **
February			
Thur 2nd	2pm	Coffee Chat	Kate
Tues 7th	2pm	Seated Yoga and Breathing	Ruth
Thur 9th	5.30pm	Mindful Movement	Mary
Mon 13th	7pm	Breast and Cervical Screening Talk with Jane Chandler NHS Health Improvement	Mary **
Wed 15th	6.30pm	Video conferencing and digital support Q&A *	Spike **
Thur 16th	2pm	Coffee Chat	Kate
Thur 16th	5.30pm	Mindful Movement	Mary
Mon 20th	6pm	Self Management Themed Chat - Goal Setting, Action Planning and Planning for Setbacks	Ruth **
Thur 23rd	5.30pm	Mindful Movement	Mary
Tues 28th	2pm	Seated Yoga and Breathing	Kate

\* Digital support sessions for those who need to build their confidence online

\*\* Can be booked via Eventbrite - see social media @LGOWIT or email listed contact

lgowitkate@highlandtsi.org.uk

lgowitadmin@highlandtsi.org.uk

spike@highlandtsi.org.uk

lgowitruth@highlandtsi.org.uk