



Living Better Online March 2023

February			
Weds 1st	6.30pm	Go Digital Highland Support - Online Shopping *	Spike
Thurs 2nd	2pm	Spring into March Forum Meeting	Mary
Fri 3rd	6pm	Mindful Movement	Mary
Tues 7th	12pm	Coffee Chat	Ruth
Fri 10th	6pm	Mindful Movement	Mary
Wed 15th	11am	Go Digital Highland website demo	Spike
Wed 15th	6.30pm	Go Digital Highland Support - Q&A drop-in *	Spike
Fri 17th	6pm	Mindful Movement	Mary
Tues 21st	6pm	Healthy Approaches to Mind, Body & Lifestyle chat	Kate
Tues 28th	2pm	Breathing & Seated Yoga	Ruth
Wed 29th	2pm	Coffee Chat	Ruth
Thur 30th	6.30pm	Go Digital Highland Support - Entertainment *	Spike

* 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

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