

## Highland Self Management Forum

### Spring into March

2<sup>nd</sup> March 2023

Microsoft Teams 2 – 4 pm

AGENDA		
1400 - 1405	Welcome, Housekeeping and LGOWIT Update	Kirsteen Campbell LGOWIT Development Officer
1405 - 1415	Alliance Update	Margaret McKeith Assistant Director
1415 - 1425	Boccia – our group members' experience & The Highland Boccia Tournament is back!	LGOWIT staff & members (pre-recorded)
1425 - 1440	High Life Highland What's on Offer	Lynn Bauermeister High Life Highland Head of Health & Wellbeing
1440 - 1450	KyleBikes	Kate Hathway LGOWIT Community Networker
1450 - 1455	Refreshment break	
1455 - 1510	Rag Tag – arts and crafts	Gill Terry Trustee at Rag Tag
1510 - 1525	Gardening	Pamela Sutherland Head Gardener Inverness Botanic Gardens
1525 - 1535	Yoga Breathing Session	Ruth Gomes LGOWIT Living Better Group Coordinator (pre-recorded)
1535 - 1550	Self-management & Motivation	Kirsteen Campbell
1550 – 1600	Any other questions	
1600	Thank You & Close	Kirsteen Campbell



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