

Summer 2022

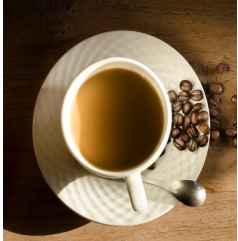
Email as below for an invite



Weekly Wellbeing Sessions

are on summer break until mid-August

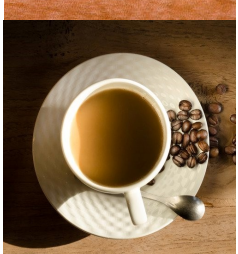
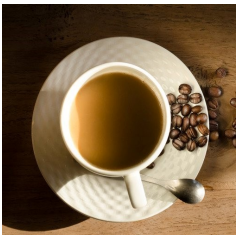
(but don't forget you can still listen to 2 years worth of Sound Therapy sessions in the group on Facebook and there are some mindfulness meditations in the Members Area on our website too - email Mary if you are not sure how to access either of these)



Social Activities - Coffee & Chat & Fun Fridays



Tues 12th July	2 pm	Coffee Chat	Ruth
Fri 22nd July	3.30 pm	Fun Friday	Kate
Tues 26th July	2pm	Coffee Chat	Ruth
Thurs 11th Aug	2pm	Coffee Chat	Kate
Friday 19th Aug	3.30pm	Fun Friday	Ruth
Thurs 25th Aug	2pm	Coffee Chat	Kate
Fri 2nd Sept	3.30	Countdown	Mary & Roy
Tues 6th Sept	2pm	Coffee Chat	Kate
Friday 16th Sept	3.30	To be confirmed	
Thurs 22nd Sept	2pm	Coffee Chat	Kate
Friday 30th Sept	3.30	Fun Friday	Ruth



Email Ruth, Kate or Mary for your invite

lgowitkate@highlandtsi.org.uk

lgowitruth@highlandtsi.org.uk

lgowitadmin@highlandtsi.org.uk (Mary)