

February 2023



January '23							March '23						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

All events available to people living in Scotland; those highlighted in purple are UK wide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6 18:00 - 19:00 18:30 - 19:30 Staying Active with MS - Swimming What Next? Information Webinar	7 18:00 - 19:00 Gentle Yoga for MS 6 week course	8	9 14:00 - 15:00 Chair Yoga for MS 6 week course	10	11	12
13 18:30 - 19:30 18:30 - 19:30 Work and MS webinar What Next? A Conversation Café	14	15 14:00 - 15:30 Make and Chat monthly session	16 18:30 - 19:30 Talks with MS: Partners of People with MS	17	18	19
20	21 18:00 - 19:00 Changing Symptoms Information Webinar	22	23 19:00 - 20:00 Living Well Book Club monthly session	24	25	26
27	28 18:00 - 19:00 18:30 - 19:30 Conversation Café: Changing Symptoms Goals and Intentions webinar	1	2	3	4	5
6	7	Scotland Wellbeing Hub MS Helpline Digital Tools UK-wide LivingWell https://bit.ly/mswellbeinghub https://bit.ly/mshelpline https://bit.ly/managementfatigue https://bit.ly/msvirtualsupport			Hard to read? Download and click on the + button	