

March 2023



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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	1 daily emails Meditation Challenge - Taking Time for You New Meditation Challenge Your Body at Peace	2	3	4	5
6 18:00 - 19:00 Staying Active with MS - Cycling Progressive MS 2 week course	7 18:00 - 19:00 18:30 - 19:30 What Next? Newly Diagnosed webinar Conversation Café: Goals and Intentions	8	9	10	11	12
13	14 18:00 - 19:00 What Next? A Conversation Café	15	16 Move More with MS	17	18	19
20 18:30 - 20:00 Launch Event MS Warrior Training Programme 2 Understanding Fatigue	21	22	23 18:30 - 19:30 Mindful March Webinar	24	25 Foot, Ankle, Mobility and Strength	26
27	28	29	30 18:00 - 19:00 19:00 - 20:00 Conversation Café: Mindfulness Living Well Book Club monthly session	31	1	2
3	4	Scotland Wellbeing Hub MS Helpline Digital Tools UK-wide virtual support		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