



## SBU Highland Bridge Lessons 23-24



**Ever thought of playing bridge**

**Bridge is challenging, stimulates the mind and has been shown to improve mental and physical health.**

**Online lessons** available Fri mornings from 29<sup>th</sup> Sept

**U3A Contact Ann [annwickens75@gmail.com](mailto:annwickens75@gmail.com)**

**U3A Online Across Scotland**

**<https://www.bridgewebs.com/u3aoasbridgegroup/>**

**Face to Face** lessons Tue evenings at Ness Bridge Club Greig Street Inverness

**Contact Ian Slinn [slinni850@gmail.com](mailto:slinni850@gmail.com)**

**<https://www.bridgewebs.com/ness/>**

**If in Elgin contact Elgin Bridge Centre**

**<https://www.bridgewebs.com/elginbridgecentre/links.html>**