

EVENTS IN MARCH

Every Mon	1pm - 3pm	FoodCycle Lunch
Every Tues	5pm - 5:30pm	Mindfulness
Every Wed	2pm - 4pm	Women's Gym
Every Wed	4:30pm - 5:30pm	Ear Acupuncture
Every Fri	12:30pm - 1pm	Mindfulness

Wed 13	6:30pm - 8pm	PrEP for Women webinar
Tue 19	6:30pm - 8pm	Positive Life
Wed 27	4:30pm - 6:30pm	Gym Induction
Thurs 28	6:30pm - 8pm	Women's Group

positiveeast.org.uk/whatson

 **PositiveEast**

