

EVENTS IN JULY

Every Mon	1pm - 3pm	Foodcycle Lunch
Every Tues	5pm - 5:30pm	Mindfulness
Every Wed	3:15pm - 4pm	Qigong
Every Wed	4:30pm - 5:30pm	Ear Acupuncture
Every Fri	12:30 - 1pm	Mindfulness

Thurs 4	1pm - 3pm	Positive Over 50: Lunch
Thurs 4	2pm - 6pm	Positive Over 50: Kew Gardens trip
Wed 10	6pm - 8pm	Together Group
Sat 13	10am- 4pm	Learning to live well with HIV course
Sun 14	10am- 4pm	Learning to live well with HIV course
Wed 17	1pm - 5pm	Rainbow Men: Kensington Palace (opt 1)
Sat 20	1pm - 5pm	Rainbow Men: Kensington Palace (opt 2)
Wed 24	6pm - 8pm	Women's Group
Wed 31	4pm & 5pm	Gym Induction

positiveeast.org.uk/whatson

