

# EVENTS IN AUGUST @ PositiveEast

|            |                 |                 |
|------------|-----------------|-----------------|
| 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     |

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|          |           |                                |
|----------|-----------|--------------------------------|
| Thurs 8  | 1pm - 3pm | Positive Over 50: Lunch        |
| Thurs 15 | 3pm - 7pm | Summer Celebration             |
| Wed 28   | 1pm - 4pm | Family visit to the London Zoo |

**Our regular monthly groups - Together, Rainbow Men and Women are all taking a break in August**

**Positive East will be closed on Bank Holiday  
Monday 26th August**

[positiveeast.org.uk/whatson](http://positiveeast.org.uk/whatson)

