

EVENTS IN AUGUST

Changes to our regular events in August

Positive East will be closed on **Mon 26th**

Mindfulness will not take place on **Tues 6th and Fri 9th**

Foodcycle will not take place on **Mon 26th**

Qigong and Ear acupuncture will not take place on **Wed 28th.**

**For more information, please email
talktome@positiveeast.org.uk**

positiveeast.org.uk/events

 **PositiveEast**