

SEPTEMBER at PositiveEast

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

Thurs 5	1pm	Positive Over 50: Lunch
Thurs 5	2pm - 5pm	Positive Over 50: Trip to London Zoo
Wed 11	6pm - 8pm	Together Group: Relationships & Dating
Wed 18	4pm & 5pm	Gym Induction sessions
Wed 18	6pm - 8pm	Rainbow Men: Relationships & Dating
Fri 20	6:30pm - 8pm	Stitch Sisters exhibition launch
Sat 21	10am - 5pm	Stitch Sisters exhibition
Sat 21	2pm - 4pm	Women's Group: Trip to Stitch Sisters
Sun 22	10am - 5pm	Stitch Sisters exhibition
Fri 27	12pm - 2pm	Self-stigma Course: 1 of 4

positiveeast.org.uk/whatson

