

OCTOBER at PositiveEast

Every Mon	1pm	Foodcycle Lunch
Every Tues	5pm	Mindfulness
Every Wed	3:15pm	Qigong
Every Wed	4:30pm	Ear Acupuncture
Every Fri	12:30	Mindfulness
Thurs 3	1pm	Positive Over 50: Lunch
Thurs 3	10am - 1pm	Stitch Sisters: 1 of 5
Fri 4	12pm - 2pm	Self-Stigma Course: 2 of 4
Sun 6	1pm - 6pm	Silver Pride
Mon 7	10am - 1pm	Cyanotype self-portrait workshop
Tues 8	10am - 1pm	Stitch Sisters: 2 of 5
Wed 9	6pm - 8pm	Together Group: Dinner and social
Thurs 10	5pm - 8pm	Open Day: World Mental Health Day
Fri 11	12pm - 2pm	Self-Stigma Course: 3 of 4
Mon 14	6pm - 8:30pm	Learning to Live Well with HIV
Tues 15	10am - 1pm	Stitch Sisters: 3 of 5

positiveeast.org.uk/whatson

