



STAYING IN TOGETHER:

A new series of online workshops and events

Stride Workshops Oct–Nov 2020

EVERY
WED 12:30
THU 5PM

Mindfulness

If you are feeling stressed/alone/isolated/anxious, or just generally worried and would like a way of helping you to de-stress and minimize anxiety, then please do join us for our weekly mindfulness sessions.

EVERY
TUES 6PM

She Moves Exercise class (women only)

A weekly workshop for women to get our bodies moving, feel energised and empowered!

EVERY
MON 4PM

Yoga Class

A weekly yoga class led by Chelsea Canovas who will guide you through a gentle practise of movement, breath work and relaxation.

21 OCT
WED 6PM

COVID-19 & HIV Update from HIV i-Base

Simon Collins from HIV i-Base will join us to give an update on the latest research around COVID-19 and HIV

4 NOV
WED 6PM

Taking Control of Stress

In this workshop, you can learn how to you can change your mindset about stress and transform it into something that can work helpfully for you – rather than negatively against you.

18 NOV
WED 6PM

Connect for health

This workshop will explore the importance of having positive and supportive connections with others. How connecting with others can improve your mental health and general wellbeing.

Contacts for workshops

Mindfulness:

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She Moves

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Yoga

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COVID-19 & HIV Update

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Taking Control of Stress

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Connect for health

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for any general inquires, please contact

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