

What's On at Positive East

Aug

Mindfulness

Every Tues at 5pm
Every Fri at 12:30pm

Women's Gym

Every Wed
2pm to 5pm

Chair-Based Yoga

Every Wed in Aug
2pm to 3pm

Sat 5, Sun 6 Aug

Newly Diagnosed Course
11am to 4pm

Tues 15 Aug

Drug and Alcohol
Support appointments
4pm to 6pm

Wed 16 Aug

Positive Life goes to the
theatre - Blink
9pm to late

Sat 19 Aug

Kew Gardens visit
11am to 4pm

Wed 30 Aug

Green Light goes to Tate
1pm to 4pm

Wed 30 Aug

Drug and Alcohol Support appointments 3pm to 5pm

For more info:

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positiveeast.org.uk/whatson

