

# What's On at Positive East

# Sept

## **Mindfulness**

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

## **Fri 8 Sept**

**LGBTQ+ & Identity** (for ages 18 to 30)  
10am to 4pm

## **Tues 12 Sept**

**Theatre Night**  
**Beautiful Thing**  
7:30pm to 10pm

## **Tues 19 Sept**

**Compassionate Minds**  
12pm to 5pm

## **Wed 20 and 27 Sept**

**Ear Acupuncture**  
4:30pm to 5:30pm

## **Wed 27 Sept**

**Gym Induction** 4pm to 6pm

## **Women's Gym**

Every Wed  
2pm to 5pm

## **Sun 10 Sept**

**Summer Picnic**  
1pm to 4pm

## **Thurs 14 Sept**

**Wellbeing Matters: U=U**  
7pm to 8pm

## **Tues 19 Sept**

**Positive Life**  
**Gay Men's group**  
6pm to 8pm

## **Wed 27 Sept**

**Women's Group**  
**Museum visit**  
1pm to 4pm

**For more info:**

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[positiveeast.org.uk/whatson](https://positiveeast.org.uk/whatson)



 **PositiveEast**

better futures for positive people