

# What's On at Positive East

# Oct

1 to 21

## Mindfulness

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

## Ear Acupuncture

Every Wed  
4:30pm to 5:30pm

## Thurs 5 Oct

Positive Over 50 Lunch  
12:30pm to 3pm

## Thurs 12 Oct

Good Mental Health on  
the Twelfth - Open Day  
5pm to 8:30pm

## Thurs 19 Oct

Self-Portrait drawing  
workshop (1 of 2)  
6pm to 9pm

## Women's Gym

Every Wed  
2pm to 5pm

## Chair Based Yoga

Every Wed  
2pm to 3pm

## Sat 7 Oct

Kew Gardens autumn visit  
11am to 4pm

## Tues 17 Oct

Positive Life  
Gay Men's group  
6:30pm to 9pm

## Sat 21 Oct

Self-Portrait drawing  
workshop (2 of 2)  
1pm to 4pm

For more info:

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



 **PositiveEast**

better futures for positive people