

Events 23–28 Oct

Tues 24 5pm - 5:30pm

Mindfulness

Wed 25 2pm - 3pm

Chair Based Yoga

2pm - 5pm

Women's Gym

4pm - 6pm

Gym Induction

4:30pm - 5:30pm

Ear Acupuncture

5pm - 8pm

Green Light Group

Treatment update

Fri 27 12:30pm - 1pm

Mindfulness

5pm - 8pm

Saluting our Sisters

Black History Month Celebration

Sat 28 2pm - 5pm

V&A LGBTQ+ Tour

positiveeast.org.uk/whatson

 PositiveEast

