

# Events 30 Oct – 3 Nov

<b>Tues 31</b>	10am - 12pm 5pm - 5:30pm	Sex and Relationships Workshop for Women Mindfulness
<b>Wed 1</b>	2pm - 3pm 2pm - 5pm 4:30pm - 5:30pm 7:30pm - 10pm	Chair Based Yoga Women's Gym Ear Acupuncture Theatre Night: On Railton Road
<b>Thurs 2</b>	12:30pm - 3pm	Positive Over 50 Lunch
<b>Fri 3</b>	12:30pm - 1pm	Mindfulness

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

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