

# Events 27 Nov - 1 Dec

<b>Mon 27</b>	6pm - 8pm	Newly Diagnosed course
<b>Tues 28</b>	5pm - 5:30pm	Mindfulness
	6:30pm - 8:30pm	Men's Wellbeing workshop
<b>Wed 29</b>	2pm - 3pm	Chair Based Yoga
	2pm - 4pm	Women's Gym
	4:30pm - 5:30pm	Ear Acupuncture
	5pm to 8pm	Women's Group
<b>Fri 1</b>	12:30pm - 1pm	Mindfulness

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

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