

Events

6 - 10 Nov

Tues 7	10am - 12pm	Sex and Relationships Workshop for Women
	5pm - 5:30pm	Mindfulness
Wed 8	2pm - 3pm	Chair Based Yoga
	2pm - 4pm	Women's Gym
	4:30pm - 5:30pm	Ear Acupuncture
Fri 10	12:30pm - 1pm	Mindfulness

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