

# Events 12 - 16 Feb

<b>Mon 12</b>	1pm - 3pm	FoodCycle Lunch
<b>Tues 13</b>	5pm - 5:30pm	Mindfulness
<b>Wed 14</b>	2pm - 4pm	Women's Gym
	2pm - 3pm	Chair Based Yoga
<b>Fri 16</b>	12:30 - 1pm	Mindfulness

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

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