

# Events 19 - 23 Feb

<b>Mon 19</b>	1pm - 3pm	FoodCycle Lunch
<b>Tues 20</b>	5pm - 5:30pm	Mindfulness
<b>Wed 21</b>	1pm - 4:30pm	Writing for Wellness
	2pm - 4pm	Women's Gym
	2pm - 3pm	Chair Based Yoga
	4:30pm - 5:30pm	Ear Acupuncture
<b>Thurs 22</b>	3:30pm - 5:30pm	Queer Walking Tour
	6pm - 9pm	Queer East London Fest
<b>Fri 23</b>	2:30pm - 1pm	Mindfulness

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

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