

Events 29 Jan - 2 Feb

Mon 29 1pm - 3pm

FoodCycle Lunch

Tues 30 5pm - 5:30pm

Mindfulness

Wed 31 2pm - 4pm

Women's Gym

4pm - 6pm

Gym Induction

4:30pm - 5:30pm

Ear Acupuncture

5pm - 8pm

Women's Group

Thurs 1 1pm - 3pm

Positive Over 50 lunch

5:30pm - 8:30pm

Museum Visit

Fri 2 12:30 - 1pm

Mindfulness

positiveeast.org.uk/whatson

 **PositiveEast**

