

# Events 5 - 10 Feb

<b>Mon 5</b>	1pm - 3pm	FoodCycle Lunch
<b>Tues 6</b>	5pm - 5:30pm	Mindfulness
<b>Wed 7</b>	2pm - 4pm	Women's Gym
	2pm - 3pm	Chair Based Yoga
	4:30pm - 5:30pm	Ear Acupuncture
<b>Fri 9</b>	12:30 - 1pm	Mindfulness
<b>Sat 10</b>	11:30 - 4pm	Kew Gardens

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

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