

# Events 4 Mar - 10 Mar

<b>Mon 4</b>	1pm - 3pm	FoodCycle Lunch
<b>Wed 6</b>	1:30pm - 4:30pm 2pm - 4pm 4:30pm - 5:30pm	Writing for Wellness Women's Gym session Ear Acupuncture
<b>Thurs 7</b>	12:30pm - 3pm	Positive Over 50 Lunch
<b>Sun 10</b>	10am - 4pm	Learning to Live Well

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

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