

JANUARY at ::PositiveEast

Every Mon	1pm	FoodCycle Lunch
Every Tues	5pm - 5:30pm	Mindfulness
Every Wed	3:15pm - 4pm	Qigong
Every Wed	4:30pm - 5:30pm	Ear Acupuncture
Every Fri	12:30 - 1pm	Mindfulness

Wed 8 6pm - 8pm

Together Group: Change for the better in 2025

Thurs 9 1pm

Positive Over 50: Lunch

Wed 15 6pm - 8pm

Rainbow Men: Fitter Confident You with Matt Boyles

Wed 22 6pm - 8pm

Women's Group: Setting goals for your wellbeing

Thurs 30 4pm & 5pm

Gym Induction sessions

positiveeast.org.uk/events

