

FEBRUARY 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

Thurs 6	1pm	Positive Over 50: Lunch
Thurs 6	2:30pm - 4pm	Wellbeing Matters: Menopause and HIV
Wed 12	6pm - 8pm	Together Group
Wed 12	7pm - 9pm	Calling all Men: Men's wellbeing workshop - 1 of 3
Thurs 13	5pm - 8pm	Open Evening: Valentine's Special
Wed 19	6pm - 8pm	Rainbow Men
Wed 19	7pm - 9pm	Calling all Men: Men's wellbeing workshop - 2 of 3

positiveeast.org.uk/events

