

APRIL

Every Mon

Food Cycle
lunch

1pm

Every Tues

Mindfulness

5pm - 5:30pm

Every Wed

Qigong

3:15pm - 4pm

Every Wed

Ear
Acupuncture

4:30pm - 5:30pm

Every Fri

Mindfulness

12:30pm - 1pm



Thurs 3

Wellbeing
Matters: Hate
Crime

12pm

Thurs 3

Positive Over
50: Lunch

1pm

Thurs 3

Positive Over
50: British
Museum visit

2pm - 4pm

Wed 9

Together
Group: London
Blossom Garden

6pm - 8pm

Wed 16

Rainbow Men:
Peter Parker on
'Some Men in
London'

6pm - 8pm

Fri 18

Closed for
Good Friday

All day

Mon 21

Closed for
Easter Monday

All day

Wed 23

Women's
Group: Dealing
With HIV Stigma

6pm - 8pm

Wed 30

Gym Induction
Sessions

4pm & 5pm

What's on at Positive East
April 2025

positiveeast.org.uk/events

