

# OCT

What's on at  
Positive East

**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 2**

Wellbeing  
Matters:  
Community  
Health checks

12pm - 3pm

**Thurs 2**

Positive Over  
50: Lunch

1pm

**Sun 5**

Silver Pride at  
Walthamstow  
Trades Hall

1pm - 6pm

**Wed 8**

Together:  
Theatre  
workshop  
taster

6pm - 8pm

**Sat 11**

Theatre  
making  
workshop (1 of 3)

2pm - 4pm

**Wed 15**

Rainbow Men:  
Hate Crime

6pm - 8pm

**Sat 18**

Theatre  
making  
workshop (2 of 3)

2pm - 4pm

**Wed 22**

Women's  
Group

6pm - 8pm

**Wed 22**

Black History  
Month  
Celebration

6pm - 9pm

**Sat 25**

Theatre  
making  
workshop (3 of 3)

2pm - 4pm

**Sat 25**

Rays of  
Resistance:  
Cleve Jones &  
Charlie Porter

6:30pm - 8:30pm

**Mon 27**

Rays of  
Resistance:  
Shon Faye &  
Amelia Abraham

6:30pm - 8:30pm

**Wed 29**

Gym Induction  
sessions

4pm & 5pm