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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



Wed 4

Learn My Way:
Digital skills

2:30pm - 4:30pm

Thurs 5

Bodywork
physiotherapy

11am - 1pm

Thurs 5

Positive Over
50: Lunch

1pm

Thurs 5

Wellbeing
Matters: Later-
life planning

2pm - 3pm

Wed 11

Together:
Relationships

6pm - 8pm

Wed 18

Rainbow Men:
Treatment
Update

6pm - 8pm

Sat 21

Wellbeing Day

11am to 3pm

Sat 21

Learn My Way:
Digital Skills

2pm - 3pm

Wed 25

Women's
Group: Stigma
and U=U

6pm - 8pm

Wed 25

Gym Induction
Sessions

4pm & 5pm

 **Positive East**