

WELLNESS WEDNESDAYS

at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

Wednesday 27 February

12:00 - 15:00/ De-stress during your day with a free 15-minute massage (booking opens in the library from 11:45am on the day)

13:00 - 13:45/ Lunch & Learn - "How to journal for mental health". This session looks at how to journal, for work-life as well as home-life benefits

14:00 - 15:00/ Have a chat and share your thoughts in the Thrive LDN Problem-Solving Booth

15:30 - 16:30/ Sound healing. Allow yourself to relax into some tranquil healing sounds

16:00 - 17:00/ The wonderful world of calligraphy. Rediscover your handwriting and try out some brush lettering and nib work

17:15 - 18:15/ Improving listening skills to increase happiness across all areas of our lives

17:30 - 18:30/ DIY Sauerkraut workshop. Learn the basics of this healthy and tasty food (all kit is provided)

18:00 - 19:00/ "Good Moves" chess strategy session

18:30 - 19:30/ Yoga for Mental Health. This class is open to all abilities and mats are provided



Mental Fight Club

**Free, creative workshops to release the pressure
Open to anyone working or living in the City of London
Fortnightly on Wednesdays, 12-7:30pm, from 30 January
www.dragoncafeinthecity.com**