

WELLNESS WEDNESDAYS

at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

Wednesday 13 March

12:00 - 15:00/ De-stress in your lunch break 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" - the how, why and what to expect. This session looks at maintaining your journalling habit and building it into your routine

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

16:00 - 17:00/ Guided meditation and talk on reconnecting with yourself

17:00 - 18:00/ Creative mandala colouring session

17:30 - 18:30/ Nutrition for keeping energy levels high, with Natasha Head - registered Nutritional Therapist

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