

DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE TO RELAX AND RECHARGE IN THE CITY

SHOE LANE LIBRARY, EC4A 3JR

Wednesday 12th December

12:00 - 15:00 : Destress in your lunch break with a free 15 minute massage.
(booking opens in the library from 11.45 on the day)

13:00 - 13:45 : Lunch & Learn with Maggie Sawkins.
'Build self care and confidence by being yourself'.

Do you have confidence to walk your talk? Do you naturally find ease and effortlessness in your day? Having had much experience of burnout, Maggie has put together a session to help us learn to 'flow with the go'. Every day we have the chance to embrace the qualities in ourselves that can help our life become easy and effortless and fulfilling.

14:00 - 15:00 : Have a chat and share your thoughts in the Thrive LDN Problem Sharing booth.

16.00 - 17:30 : Sensory Workshop with John Foley. Learn how to make a traditional winter perfume; exotic, dark and vintage. Sample scents and hear more fascinating knowledge from an expert in his field.

18:00 - 19:00 : Good Moves - Check-in with chess master Ian Grant for this engaging session looking at strategy and game development.

17:30 - 18.30 : Introducing Medi Meals - Nutrition to benefit Mental Health. Can food be medicine? Can medicine taste amazing? Omar will talk about research and work from Nutritionists and chefs who have been working together to deliver illness targeting recipes. Join us to see what is scientifically backed to be the best possible meals for improving your mental health, with free samples!

18:30 - 19:30 : Yoga for Mental Health. Lindsay's class is open to all abilities, and mats are provided. The class will focus on restoring, and care for yourself in the festive season. Yoga is a great tool to help reduce stress and anxiety.

www.dragoncafeinthecity.com

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Mental Fight Club