

# 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 30<sup>th</sup> January

12:00 - 15:00: De-stress 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 Natasha Head, Registered Nutritional Therapist, for our 'Nutrition for Mental Health' workshop. Food is incredibly powerful and has the ability to contribute to us feeling healthy or unwell. By making even very small changes to our diet we can use nutrition to support our physical and mental health. This workshop is designed to highlight the potential for nutrition to impact your mental health and wellbeing and help you make more informed decisions about food and how to use nutrition to make lasting changes to support your body and mind. Natasha will get you thinking about your own goals for 2019 and how you can monitor these to turn goals into lifestyle.

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

16.30 - 17:30: Sound Healing with Rosella. Our own voices have the power to bring us a sense of calm and healing. Rosella will lead the workshop where no singing skills are necessary. We will explore sound as a vibration that we can feel within ourselves.

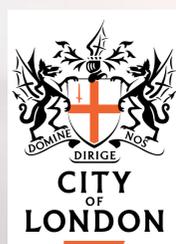
18:00 - 19:00: Good Moves with Ian Grant. Check-in with our chess master for this engaging session looking at strategy and game development.

17:30 - 18.30: How better listening skills might make us happier at work. In this time when we are encouraging people to be more open about their challenges, we must ensure that they will get heard: that we are the people who know how to listen. With 20 years experience as a mediation trainer including for Citi, and mediator in a wide range of workplace disputes, Maggie Sawkins will help you to learn to listen without problem solving (or other intervention) making space to truly hear the experience of the other person. Connecting with active, reflective listening - is a discipline. It's simple - but not easy. It's especially difficult if we need to be heard ourselves. Come along to this session where you'll look at how we can all be more of our real selves at work, both by learning to be a better listener, and just as importantly, being heard ourselves. When we are seen and heard this way, it can bring feelings of relief, insights or confidence - and a sense of true connection and empathy with our colleagues.

18:30 - 19:30: Yoga for Mental Health from Balance Garden. This free class is open to all abilities and mats are provided. Bring your own if you prefer. Phoebe's class will encourage physical comfort and peace in the mind. Yoga can be a great tool to help reduce stress and anxiety.

[www.dragoncafeinthecity.com](http://www.dragoncafeinthecity.com)

[Twitter.com/dragoncafecity](https://twitter.com/dragoncafecity)



**Mental Fight Club**