WELLNESS WEDNESDAYS

at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

Wednesday 5 June

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 - 14:00/ Lunch & Learn - The Tomo app is a behaviour-change tool for mental health and wellbeing that helps you manage the habits that keep you healthy. Join Gus for a talk on how the app works

14:00 - 15:00/ Intuition regularly exercised and listened to will grow. Today we will discuss how to trust our intuition and explore some simple exercises that can stimulate the intuition

16:00 - 16:45/ Easy meditation techniques to reduce stress and anxiety

17:00 - 18:00/ "Why Story?" The power of Storytelling for advocacy, breaking down stigma and changing attitudes. Join Narativ for an engaging talk

17:00 - 19:00/ "Good Moves" - a 1 hour chess strategy session with Ian Grant our Chess Specialist. A look into master games from the past; learn from the grandmasters! There will also be 1 hour for game play - chess sets provided

1**7:00 - 19:30/** Experience Virtual Reality (VR) with the BBC. An animated Dr Who animated adventure with Jodie Whittaker, and a look around the Tardis

18:30 - 19:30/ Yoga for Mental Health. Gentle Mind-body yoga to promote good mental health, with [Phoebe] from Balance Garden - mats provided

CITY OF LONDON BUSINESS HEALTHY

Mental Fight Club

Free, creative workshops to release the pressure
Open to anyone working or living in the City of London
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www.dragoncafeinthecity.com