

# WELLNESS WEDNESDAYS

## at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

### Wednesday 22 May

**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 - Nutrition lunch and learn with Ola from Balance Garden

**14:00 - 15:15/** Telling stories gives us a space of reflection and understanding, a space where we can map our growth and expansion. Join Dan and Jane of Narativ to learn the tools and techniques of telling your budding stories. Everyone has a story. What's yours?

**16:00 - 17:30/** John Foley will guide you to make scent of your own to take home! Learn how to create your own perfume with emphasis on fruit and other organic extracts made by John himself, who has a wealth of knowledge on scents

**17:00 - 18:30/** Join Daniel for a journey into songwriting and how it can help our wellbeing. Write a song together to take home. No experience required

**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 gameplay - chess sets provided

**18:30 - 19:30/** Yoga for Mental Health. Gentle Mind-body yoga to promote good mental health, with Phoebe from Balance Garden - mats 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  
[www.dragoncafeinthecity.com](http://www.dragoncafeinthecity.com)**