

WELLNESS WEDNESDAYS

at Dragon Café in theCity

Shoe Lane Library, EC4A 3JR

Wednesday 3 July

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)

12:30 - 15:00/ Experience Virtual Reality (VR) with the BBC. Join a Lancaster bomber crew during a raid over Berlin in World War Two. Running time approx. 15 minutes

13:00 - 13:45/ Lunch & Learn - Nutrition for gut health with Natasha

14:00 - 15:30/ 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 - 17:00/ workshop

17:00 - 18:00/ A good work life balance is positively associated with job and life satisfaction, and contributes to productivity, general health and wellbeing. In this coaching workshop, Phoebe from Balance Garden will help you understand what work life balance means for you and how you can achieve it.

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

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