

WELLNESS WEDNESDAYS

at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

Wednesday 12 June - a special event with CPCF

- AgeUK and City Parent Carers Forum (CPCF) will be present to answer any of your questions and have a chat

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/ Join us for a workshop on nutrition

14:00 - 15:00/ 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. Please be prompt for this workshop as places are limited

16:30 - 18:30/ Join us for a workshop where we will be sharing our top tips for making your own herbal tea blends. You will get to have a go at making your own herbal teabags to take home

17:00 - 18:30/ 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?

18:30 - 19:30/ A gentle class, focusing on releasing discomfort on the lower back and neck and increasing the strength and mobility of the whole spine. This class provides is appropriate for beginners and those wishing to improve their posture



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**