

WELLNESS WEDNESDAYS

at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

Wednesday 19 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 - Heavy drinking and addiction - what are the consequences? Come along for an informal but informative group session with our expert Chris

14:00 - 14:45/ Everyday mindfulness to help you find a sense of calm

16:00 - 17:30/ 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 - 18:00/ From stressed to best - managing stress with Alison

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**