

# WELLNESS WEDNESDAYS

## at Dragon Café in the City

Shoe Lane Library, EC4A 3JR

### Wednesday 17 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)

**13:00 - 14:00/** Lunch & Learn - From stressed to best - managing stress with Alison

**14:00 - 15:00/** Have a chat and share your thoughts in the Thrive LDN Problem-Solving Booth

**16:00 - 16:45/** Easy meditation techniques to reduce stress and anxiety with Phoebe from Balance Garden

**17:00 - 18:00/** Relax yourself with a paintbrush and colour. We shall do painting on paper using water colour paints - equipment provided

**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](http://www.dragoncafeinthecity.com)**