

Join us for our **FREE** wellness events!

Violet Melchett Health & Wellbeing Hub
30 Flood Walk, London, SW10 5RR

**JUN
6**

2-4pm

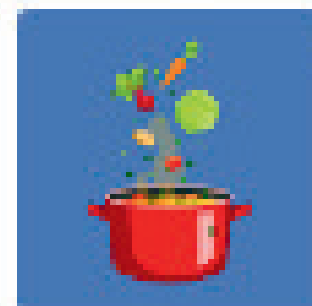


Afternoon meditation

Experience the peace and tranquility of meditation guided by a professional meditation teacher.

**JUN
11**

6-8:30pm



Circle of Soup: Eating for the menopause

Free cooking session where you can cook your own healthy bowl of food and learn about how nutrition can support menopausal health.

**JUN
13**

1:30pm-
4pm



Exhibition tour and workshop at the Saatchi Gallery

Free guided tour of the *Beyond Fashion* exhibition, followed by a workshop at the Saatchi Gallery.

**JUN
20**

10:30am-
12:30pm



Walk and Tour of the Chelsea Physic Garden

Join us for tea at Violet Melchett and then a walk and tour of the Chelsea Physic Garden.

**JUN
27**

10:30am-
12:30pm



Chair yoga

Professional yoga instructor Gigi leads a gentle session of chair yoga, open to all abilities and mobilities.

**JUN
27**

2-4pm



Wellness workshop: Relaxation and mindfulness

Learn evidence-based relaxation techniques to improve wellbeing and how to introduce it into your week.

For more information or to book:

- scan the QR code
- email nhsnw.vmcommunitycorner@nhs.net
- call **020 3621 4434**



Contact us to sign up to
our newsletter for
updates about our events!