

Strategies for Better Sleep

Do you have trouble falling asleep or staying asleep?
Do you have difficulty relaxing and turning your brain off?
Do you wake up without feeling refreshed?



Description

This is a 3 session workshop

You will learn strategies to improve your sleep, including:

- * Healthy sleep patterns
- * Barriers to getting a good night's sleep
- * Ways to relax your mind and body
- * Strategies for coping with insomnia

Strategies for Better Sleep

All patients & community members 16 years and older are welcome!

Thursdays

5-6:30 pm

September 10, 17, 24th

@ Kitchener clinic

123 Pioneer Drive

Unit 204

Thursdays

Nov 12, 19, 26th

5-6:30 pm

@Cambridge clinic

13 Water Street, N

Register by

sending an email with

"Sleep Group" in the

subject line to

patient@wrnplc.ca



Waterloo Region
Nurse Practitioner-Led Clinic