

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 without feeling refreshed?

Register for a 3 session workshop to help you with strategies to improve your sleep

Learn more about:

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

Waterloo Region Nurse Practitioner Led Clinic

www.wrnplc.ca

Workshop dates/times

Kitchener

123 Pioneer Drive #204

Tuesdays

September 12, 19, 26th

6-7:30 pm

Open to any WRNPLC
patient

Confirm your spot by
calling our office
Or

Send an email to

patient@wrnplc.ca

include

SLEEP GROUP in the
subject line