

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 Clinic

Workshop dates/times

Kitchener

Sept 22,29, Oct 6
123 Pioneer Drive
Unit # 204
5:30-7 pm

or

Cambridge

Oct 25, Nov 1,8
13 Water Street North
2:30-4 pm

Open to any WRNPLC
patient

For more info

www.wrnplc.ca

or speak to any team
member to register