

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

Open to WRNPLC patients and anyone in the community

Kitchener Office
123 Pioneer Drive
Unit 204

**March 13, 20, 27th
5:00-6:30 pm**

Cambridge Office
13 Water St North

**May 8, 15, 22nd
6:00-7:30 pm**

Confirm your spot by calling our office

519-772-2322