

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?

This 3 session workshop will focus on 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 Park Drive
Unit 204

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

Cambridge Office
13 Water Street, N

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

Register by sending an email to
patient@wrnplc.ca



Waterloo Region
Nurse Practitioner-Led Clinic