

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**

Workshop dates

Virtual

Thursdays

March 12, 19, 26

6:00-7:30 pm

Open to any NPLC
patient or community
member

Call our office
to register