



Better Sleep Workshop

Want to Sleep Like a Baby
Again?

You Will Learn How to:

- Fall asleep or back to sleep more easily
- Clear your mind of worry and mental chatter
- Control lifestyle factors that influence your sleep



Presented through the Ontario Telemedicine
Network and
Hosted by the East Wellington Family Health
Team



Space is limited so REGISTER
EARLY!

Call: 519-833-7576 ext 362

Or go online to:

www.ewfht.ca [Workshops]



Sessions facilitated by:

Kathy Somers

From the University of
Guelph's Stress Management
and High Performance Clinic

Thursday January 24, 2019

6:30 – 8:30pm

Erin Clinic

6 Thompson Cres., Unit1