



Sleep Hygiene Group

3 Sessions

July 6th, 13th and 20th
11 a.m.-12:30 p.m. (EST)

Sessions will be offered
virtually on TEAMS
videoconferencing platform

deadline to register is
June 29, 2023

Sleep is foundational to overall wellbeing. Come learn how to improve your sleep routine!

LEARNING OBJECTIVES

- To understand the benefits of good sleep hygiene
- To identify what gets in the way of a good night's sleep
- To make a plan for good sleep habits



**CLICK
HERE TO
REGISTER**

NORTH REGIONAL CLINICAL SERVICES



1-800-668-8555 x1001



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